



# BENEFITS ENEWSLETTER

The Benefits eNewsletter brought to you by UC San Diego  
Campus Human Resources



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PAYCHECK

## REVIEW YOUR DEDUCTIONS

**Review your benefits plans and deduction amounts carefully** to ensure they are correct. For reference, you can consult the [2025 Medical Premiums](#). Bargaining unit rates may differ.

If you notice any discrepancies, contact UCPATH immediately.

**Via case:** [ucpath.ucsd.edu](https://ucpath.ucsd.edu) > Ask UCPATH > Submit an Inquiry

**UCPATH Center:** Monday – Friday, 8 a.m. – 5 p.m., PST, at 855-982-7284

While reviewing your information, please take a moment to verify your mailing address, phone number, and email address. To review or make updates go to: [ucpath.ucsd.edu](https://ucpath.ucsd.edu) and navigate to Employee Actions > Personal Information.

## ANTHEM & SCRIPPS HEALTH CONTRACT

Anthem Blue Cross and Scripps Health have been in negotiations for several months to establish mutually agreeable contract terms and reimbursement rates. Unfortunately, an agreement was not reached, and the commercial contract terminated effective **December 31, 2024**. As a result, services from Scripps Health will be considered **out-of-network** for UC non-Medicare PPO plans starting **January 1, 2025**.

For more information, visit Anthem's page: [Anthem Blue Cross and Scripps Health](#)

Members who were receiving treatment at Scripps Health for a serious or complex condition prior to January 1, 2025, can contact an **Accolade Health Care Advocate at 1-866-406-1182**, Monday to Friday, 5 a.m. to 8 p.m., PST. Accolade will review the member's situation and assist with a "Continuity of Care" request to continue care at Scripps for a limited time after January 1, 2025.



## BRIGHT BREAKS

**Bright Breaks** is available to all Campus and Health Science career employees. Enjoy 7-minute wellness breaks on your own or with your team, restore your body and mind, and win weekly prizes!

Available with Spanish closed captions for on-demand sessions!

Access the [Employee Wellness](#) page for more information.

## ACCESS YOUR PLANS WELLNESS BENEFITS

Get access to wellness coaching, health classes, fitness deals, and more all through your UCSD medical plan.

Visit your medical plan's site to learn more:

[Kaiser](#)

[Health Net](#)

[PPO plans: UC Care, CORE, Health Savings](#)

## TAKE CONTROL OF YOUR HEALTH

Did you know that preventative exams can help reduce your risk of disease?

Schedule a preventative exam with your in-network doctor, dentist and optometrist today to stay in control of your own health!

[Give your insurance carrier a call to schedule an appointment.](#)

## FAMILY MEMBER ELIGIBILITY VERIFICATION

If you recently added dependents to your coverage, you will need to complete the **Family Member Eligibility Verification (FMEV)** process. In 2025, UC will also reach out to confirm the continuing eligibility of some **previously verified** family members.

UnifyHR administers the verification program for UC. They will send you a packet in the mail with instructions on how to complete the process.

**You must respond by the deadline shown on the letter to protect your family members' coverage.** UnifyHR is available if you have any questions or concerns about the process.

**UnifyHR is able to provide assistance in multiple languages.** If you have any questions or issues obtaining the documents required to verify your dependents' eligibility, please **contact UnifyHR toll-free at 1-844-718-3970.**

Click [here](#) to visit the FMEV page on UCnet to learn more.

# 2025 ANNUAL LIMITS

With the start of the new year, consider reviewing your current contributions and making any necessary adjustments to your benefit plans. For the 2025 calendar year, the maximum contribution limits are as follows:

- 403(b) Plan – Pretax and/or Roth: \$23,500 (+\$7,500 for members 50 and over)
- 457(b) Plan – Pretax and/or Roth: \$23,500 (+\$7,500 for members 50 and over)
- Defined Contribution Plan (DCP) – After Tax: \$70,000
- Health Savings Account (HSA): \$4,300 individual/\$8,550 family (+\$1,000 for members 55 and over)

Changes to Voluntary Retirement Savings Plans can be made in your Net Benefits account. HSA contribution updates can be made by completing an eForm in UCPath.

## MYUCRETIREMENT.COM

### YOUR SOURCE FOR “ALL THINGS RETIREMENT”

Check the new and improved MyUCRetirement page. You can find Financial planning tools and resources to help you prepare for a successful retirement.

- Retirement information is available based on your current employment stage (Recent Hire, Working & Saving, Ready to Retire, and In Retirement).
- Check your current retirement readiness score.
- Get personalized planning with a UCSD dedicated workplace financial consultant.
- Enroll in financial education classes.

## RETIREMENT COUNSELING

The Retirement Administration Service Center (RASC) provides Retirement Counseling and Advisory Services to assist UC Retirement Plan (UCRP) members in making informed decisions about their retirement.

You can schedule a personalized session with an accredited financial professional through RASC. Translation services are available.

## SPEAK WITH US ABOUT YOUR BENEFITS



Join the Benefits Analysts during Office Hours via Zoom each Tuesday. Registration not required. [Find our schedule easily on Blink.](#)

### CONTACT US

Send your inquiry to [benefits@ucsd.edu](mailto:benefits@ucsd.edu) to connect with an HR representative