

new dimensions

UCOP launches new website for employees and retirees

The UC Office of the President is launching a new website this month that aims to make life easier for retirees, faculty and staff.

The new site, called UCnet, is the fruit of more than two years of development by OP's internal communications team and is part of a broader strategic initiative to improve the university's websites. UCnet (ucnet.universityofcalifornia.edu) is meant to make it simpler for faculty, staff and retirees to keep up with what's happening at UC, find information about benefits and policies and quickly access personal accounts. It's also designed to allow users to learn about and engage with colleagues around the system, and build a stronger sense of community.

UCnet, set to launch in early February, replaces At Your Service as the source of information about benefits. At Your Service Online (AYSO), the password-protected portal that employees and retirees use to access their personal pay and benefits information, will still exist. UCnet provides links to AYSO and Fidelity Retirement Services. UCnet offers timely news about UC and a wide array of tools and resources, such as a gateway to systemwide data and policies.

"UCnet is designed to be a source of news and a home for resources and transactions for UC employees and retirees," said Paul Schwartz, UC's director of internal

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Get rewarded for taking simple, healthy steps

We all want to live healthier, happier lives. UC Living Well, UC's systemwide wellness initiative, is partnering with Optum in 2014 to offer innovative programs and services. Optum is a health and well-being company serving nearly 60 million people. As part of their unique offerings, Optum developed a wellness portal that allows people to create a personalized and private health website. You can even earn rewards by completing simple activities, many of them online.

When you earn 7,500 points, you'll receive a \$75 Visa® Rewards pre-paid card. Use your Rewards card anywhere Visa is accepted. This program is available to employees and retirees. Spouses and domestic

partners are not eligible for the Rewards card, but they may participate in the UC Living Well coaching, and online programs. Here's how it works.

First, complete the Total Health Profile. It takes just 15 minutes and you'll earn 5,000 points. Find out your health age and learn helpful tips for improving your health and reducing your risks. Your responses and results are kept strictly confidential.

To complete your Total Health Profile, go to uclivingwell.ucop.edu, select the **I WANT/I GET** button and log on to the Wellness website. The Wellness website is organized into three parts: **I AM**, **I DO** and **I GET**. You'll find the Total Health Profile

The information here does not apply to Los Alamos or Lawrence Livermore National Labs retirees. Your benefits are provided by LANS and LLNS, not UC.

under **I AM**. You'll receive credit upon completion.

Take part in Wellness Coaching programs, online or by phone. The Wellness website may suggest programs based on your Total Health Profile results. Earn 2,500 points for completing an online Wellness Coaching program. These are found in the **I DO** section. Each program has helpful articles and fun tools and trackers to help you see your progress.

You can also earn 2,500 points for simply enrolling in a telephonic

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Quoteworthy

"Our goal is to give employees and retirees a site that makes it easy to get information, conduct personal business and stay connected with the UC community."

Paul Schwartz, Director of Internal Communications
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Spotlight

The 2014 retirement benefit payment schedule is now available.
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Changing your medical plan after Open Enrollment

UC made significant changes to its medical plan offerings for 2014, and some retirees who did not make elections during Open Enrollment may have been defaulted to a plan they don't want.

Talk to the Retirement Administration Service Center about making a change. Depending on whether you used medical services in 2014, there may be an option to change your enrollment retroactively or change it prospectively.

Check your January Direct Deposit statement and if you think you are enrolled in the wrong plan, contact the Retirement Administration Service Center (800-888-8267) as soon as possible and no later than March 31, 2014.

Retirement benefit payment schedule for 2014

Payment month	Direct deposit date*	Payment month	Direct deposit date*
January	1/31/2014	July	8/1/2014
February	2/28/2014	August	8/29/2014
March	4/1/2014	September	10/1/2014
April	5/1/2014	October	10/31/2014
May	5/30/2014	November	12/1/2014
June	7/1/2014	December	12/31/2014

* The mailing date for paper checks and direct deposit statements will be the same date as the payment date except for the December benefit payment, which will mail Jan. 1, 2015.

For more information, read the *Direct Deposit for Retiree Monthly Benefits Factsheet*. To sign up for direct deposit, complete an *Enrollment, Change or Cancellation - Direct Deposit* form (UCRS 160). Both publications are available online in the Forms and Publications section.

Did you get a new medical plan ID card?

If you changed medical plans during Open Enrollment last fall, you should have received new ID cards by now.

If you enrolled in a Blue Shield plan (Blue Shield Medicare PPO, Blue Shield Medicare PPO without prescription drugs, Blue Shield Health Savings Plan, Core or UC Care), you receive up to two copies of your cards in the initial mailing and both cards are in the name of the retiree. Blue Shield does not issue cards in the name of dependent members. Retirees in the Blue Shield Medicare Plans should have received a pharmacy card as well.

Health Net sent new cards to all members (Blue & Gold and Seniority Plus), while Kaiser and Western Health Advantage sent cards only to new members.

If you did not receive your ID cards or want additional cards, call your plan.

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Wellness Coaching program. Earn another 2,500 points for completing it. Programs are available to help you create (and stick to) an exercise plan, lose weight, quit smoking and manage stress. There are also programs that help with diabetes and heart health. Working one-on-one with a wellness coach by phone may be just what you need to jumpstart your fitness plan.

Join us for on-campus UC Living Well activities. Your UC campus or medical center offers a variety of health and wellness activities, including wellness challenges, UC Walks and group fitness programs. You can receive points for taking part in up to two on-campus UC Living Well activities. Use the contact information at right to find out about on-campus activities.

Stay connected with our vibrant and active UC community. Check out the Wellness website at uclivingwell.ucop.edu. Or call 1-855-688-9775 to learn more about wellness coaching.

Note: Retirees in the Extend Health Medicare Coordinator program are not eligible to participate in this program.

Want to learn more about on-campus wellness activities?

At some campuses, retirees are welcome to participate in any on-campus wellness activity, and at others the offerings are limited. Visit the websites below or contact the campus wellness coordinator to learn more.

UC Berkeley
uhs.berkeley.edu/facstaff/healthmatters/
Trish Ratto
trato@berkeley.edu
510-642-7324

UC Davis
hr.ucdavis.edu/worklife-wellness
Barbara Ashby
baashby@ucdavis.edu
530-752 5976

UC Davis Medical Center
ucdmc.ucdavis.edu/hr/wellness/wellness.html
Marina A. Podoreanu
marina.podoreanu@ucdmc.ucdavis.edu
916-734-2760

UC Irvine & UC Irvine Medical Center
wellness.uci.edu/
Dyan Hall (campus)
dyhall@uci.edu
949-824-5429
Cynthia Anderson (medical center)
cynthiaa@uci.edu
714-456-6827

UC Los Angeles
Kelly Shedd
kshedd@recreation.ucla.edu
310-794-7765

UC Los Angeles Medical Center
wellness.healthcare.ucla.edu
Ragini Gill
rgill@mednet.ucla.edu
310-794-0529

UC Merced
choosewell.ucmerced.edu/welcome/
Leticia Aldama
laldama@ucmerced.edu
209-228-2348

UC Riverside
wellness.ucr.edu/
Julie Chobdee
julie.chobdee@ucr.edu
951-827-1488

UC San Diego
blink.ucsd.edu/HR/benefits/work-life/health.html
Amanda Chavez
amandachavez@ucsd.edu
858-534-9659

UC San Diego Medical Center
health.ucsd.edu/careers/employees/benefits/wellness-resources.htm
Lori Shonley
lshonley@ucsd.edu
619-543-3083

UC San Francisco Campus
livingwell.ucsf.edu/
Leeane Jensen
Leeane.Jensen@ucsf.edu
415-514-4950

UC Santa Barbara
recreation.ucsb.edu/walk/
Ginnie Thomas
gthomas@housing.ucsb.edu
805-893-5520

UC Santa Cruz
wellness.ucsc.edu/
Colleen Thompson
cthompson2@ucsc.edu
831-502-7375



High levels of “good” cholesterol and low levels of “bad” cholesterol are correlated with lower levels of the amyloid plaque deposition in the brain that is a hallmark of Alzheimer’s disease, in a pattern that mirrors the relationship between good and bad cholesterol in cardiovascular disease, UC Davis researchers have found.

“Our study shows that both higher levels of HDL — good — and lower levels of LDL — bad — cholesterol in the bloodstream

are associated with lower levels of amyloid plaque deposits in the brain,” said Bruce Reed, lead study author and associate director of the UC Davis Alzheimer’s Disease Center.

“Unhealthy patterns of cholesterol could be directly causing the higher levels of amyloid known to contribute to Alzheimer’s, in the same way that such patterns promote heart disease,” he said.

The relationship between elevated cholesterol and increased risk

of Alzheimer’s disease has been known for some time, but the current study is the first to specifically link cholesterol to amyloid deposits in living human study participants, Reed said.

Charles DeCarli, director of the Alzheimer’s Disease Center and an author of the study, said it is a wake-up call that, just as people can influence their late-life brain health by limiting vascular brain injury through controlling their blood pressure, the same is true

of getting a handle on their serum cholesterol levels.

“If you have an LDL above 100 or an HDL that is less than 40, even if you’re taking a statin drug, you want to make sure that you are getting those numbers into alignment,” DeCarli said. “You have to get the HDL up and the LDL down.”

Read more at: ucdmc.ucdavis.edu/publish/news/newsroom/8555

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Email: NewDimensions-L@ucop.edu

For benefits questions:

Retirement Administration Service Center:
1-800-888-8267 (8:30 a.m. – 4:30 p.m. PT)

At Your Service:
atyourservice.ucop.edu/retirees

Are you moving?

To continue receiving *New Dimensions*, be sure to notify UC of your new address online: atyourserviceonline.ucop.edu/ayso or by submitting a *UC Benefits Address Change Notice*, available online at ucnet.universityofcalifornia.edu or from the Retirement Administration Service Center at 800-888-8267.

Emeriti/Retiree Association Contacts

Use the listings below if you want to join an association or to inform your association of an address change. If you have moved away from your home campus emeriti/retiree association, you are welcome to join the association where you live.

Note to associations: To update a listing, write to Anne Wolf at *New Dimensions* (email: anne.wolf@ucop.edu).

UC Berkeley
Emeriti: Caroline Kane
kanecm@berkeley.edu
510-527-1693
Retirees: Lola James
ucbrc@berkeley.edu

UC Davis
Emeriti: John Vohs
jvohs@ucdavis.edu
Retirees: Phyllis McCalla
phyllismccalla@sbcglobal.net

UC Irvine
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cal@uci.edu
Retirees: Marianne Schnaubelt
retirees@uci.edu

LANL
Charles R. Mansfield
Coyote2@swcp.com
505-662-2115

LBNL
Patti Powers-Risius
pattijac@icloud.com
510-525-9045

LLNL
Llnlretirees.org

UCLA
Emeriti: Steve Cederbaum
scederbaum@mednet.ucla.edu
Retirees: John Dahl
jdahl@ucla.edu

Office of the President/Regents
Susan von Seeburg
grubees@sbcglobal.net
510-562-1626

UC Riverside
Emeriti: Anthony W. Norman
Anthony.norman@ucr.edu
951-827-4777
Retirees: D.L. “Les” Martin
dmartin773@roadrunner.com
951-242-5865

UC San Diego
Emeriti@ucsd.edu
RetireeLink@ucsd.edu

UC San Francisco
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ThalerM@peds.ucsf.edu
415-664-9316
Retirees: Richard Drake
retirees@retirees.ucsf.edu
415-514-2019

UC Santa Barbara
Emeriti: W. Douglas Morgan
dmorgan@econ.ucsb.edu
Retirees: Elizabeth Koch
Betty.koch01@gmail.com

UC Santa Cruz
Emeriti: Robert Franson
rfranson@cruzio.com
831-251-7042
Retirees: Dave Dodson
davesteph@cruzio.com
831-459-9968

Retirement Center Contacts

UC Berkeley Retirement Center
Patrick Cullinane, Director
ucbrc@berkeley.edu
retirement.berkeley.edu
510-642-5461

UC Davis Retiree Center
Sue Barnes, Program Manager
retireecenter@ucdavis.edu
530-752-5182

UC Irvine Center for Emeriti and Retirees
Jeri I. Frederick, Director
emeriti@uci.edu or
retirees@uci.edu
949-824-7769

UCLA Emeriti/Retirees Relations Center
Eddie Murphy, Director
emeriti@errc.ucla.edu
310-825-7456

UCSD Retirement Resource Center
Suzan Cioffi, Director
RetireeLink@ucsd.edu or
Emeriti@ucsd.edu
858-534-4724

UC Santa Barbara Emeriti/Retiree Relations Center
Debra Martin, Director
Debra.martin@hr.ucsb.edu
805-893-2168

communications. “Our goal is to give employees and retirees a site that makes it easy to get information, conduct personal business and stay connected with the UC community.”

UCnet is one of three new websites created by Office of the President communications in the past year to improve the information and resources offered online. The other two are ucop.edu, the Office of the President’s website, which launched last year, and UCal (universityofcalifornia.edu/), a site for prospective students, parents and other external audiences.

UCnet is organized into five sections, each with its own distinct focus. The Home page,

where most readers will start, serves as UCnet’s “front page,” containing top news about what’s going on at UC, a sampling of top items from other sections of UCnet and links to important parts of the site’s other sections.

The News section offers news stories about the university. It is organized around five categories including administration, employment and people. All in all, UCnet’s news section offers a much richer selection of news about UC than At Your Service. The section also has a retiree news section and a “UC in the news” section containing some of the best and most interesting items about UC from news outlets around the world.

Working at UC is a window into the diverse and fascinating community of university employees. There will be in-depth stories about faculty and staff, opportunities to connect with people at other campuses and links to campus websites around the system. The section also contains information about how faculty and staff can develop their careers, how to manage work-life balance and other wellness and career-related resources.

Compensation and Benefits is the section for users who want information about pay, benefits, how to handle a life event and other employment- or retirement-related matters. The

section contains comprehensive ‘roadmaps’ to guide employees and retirees through events like adding a family member or, enrolling in Medicare.

Lastly, the Tools & Services section is the go-to page when searching for a policy, data tools or information about UC’s libraries. The section also contains details on travel services, publishing, research grants and safety on the job.



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share your stories

James H. Smith
Director of Engineering Programs
UC Davis Extension



I had already unloaded nearly all my personal possessions by my last workday on Friday, Jan. 13, 2012. I left one last box of important docs and momentos with a sister, and over the weekend I flew with my one suitcase to Guatemala. On Monday, I began volunteer teaching English to 83 11 to 18 year olds at a school in Quetzaltenango (‘Xela’), five levels in five different classes.

I spent two months teaching in Guatemala and since then, I have been traveling and volunteering in Central and South America. I have volunteered on an organic coffee farm and a turtle rescue/rehab project in Costa Rica; as an English teacher in Quito, Ecuador; at two orphanages in Quito, one for kids with mental and physical disabilities; at a reforestation project near Manu National Park in Peru; and as an after-school math tutor in Cusco, Peru.

Most of these projects have lasted one to two months. Between volunteer stints, I travel this

extraordinary continent. I ride bikes down its volcanoes, trek to its lost cities, canoe through its jungles, ride horses in the Andes, dive its seas and underwater caves off Easter Island and the Galapagos, visit its museums and historic landmarks, sample its performing arts and consume its amazing wine and food. I ended 2013 with a two-week cruise from Ushuaia, Argentina to Antarctica.

Next up: Africa, after a 37-day cruise from Ushuaia to Cape Verde that will call at the islands along the mid-Atlantic ridge. The plan is to keep going another six to eight

years, as long as I remain healthy and enjoy it. So far, so good.

Follow my journey on Facebook at: One-Suitcase-One-Planet.

Share Your Stories

We’d like to hear from you. Whether you have a challenging issue related to retirement or a story about the joys of your life, we want to share your story in *New Dimensions*. Reach us by email (NewDimensions-L@ucop.edu) or regular mail (Editor, 1111 Franklin Street, #7305, Oakland, CA 94607).