



Caij Qhib Nkag / Pauv Paj Kas Phais 2026

Caij: Kaum Hlis xiab 3-31, 2025

Rau: Cov Paj Kas Phais Pauv Pib Ib Hlis xiab 1, 2026

Xyuas

- Xyuas cov koj muaj tam sim no hauv my.wisc.edu (nyem daim **My Insurance Benefits**).
- Koom ib lub caij mloog piav qhia [Benefits 2026: Koj yuav tsum paub muaj dab tsi pauv](#).
- Xyuas kom cov chaw koj mus ntsib nyob hauv qhov *network* xyoo tom ntej (kuaj mob/hniav/qhov muag).
- Saib cov nqi them yuav paj kas phais hauv *UW System* lub website: wisconsin.edu/benefits-enrollment

Txiav Txim

- Koj yuav tsum **teev ntawv txhua xyoo** yog koj xav kom muaj **tshiab los muaj ntxiv cov nram no**:
 - Nyiaj pub tsis yuav paj kas phais kuaj mob (*Health Insurance Opt-Out Incentive*)
 - Nyiaj tso tseg them nqi kuaj mob yuav qhov yus tau them yus ntau (*Health Savings Account (HSA)*)
 - Nyiaj tso tseg them nqi (*Limited Purpose Flexible Spending Account (LPFSA)*)
 - Nyiaj tso tseg them nqi kuaj mob (*Health Care Flexible Spending Account (Health Care FSA)*)
 - Nyiaj tso tseg them nqi neeg zov (*Dependent Day Care Flexible Spending Account (Dependent Care FSA)*)
- Koj nkag rau, pauv, los tawm tau:
 - Paj kas phais kuaj mob nrog los tsis nrog qhov kuaj hniav *Uniform Dental (preventive dental)*
 - Paj kas phais kuaj hniav nkaus xwb (nws muaj rau cov tsis yuav paj kas phais kuaj mob)
 - Paj kas phais kuaj hniav ib cag (them rau tej qhov loj/kho kaus hniav nkaus xwb)
 - Paj kas phais kuaj qhov muag/txiav iav ib cag hauv *Delta Vision*
 - Paj kas phais pov hwm tus kheej thiab tsev neeg (*Individual and Family Group Life Insurance*)
 - Paj kas phais pov hwm yuam kev raug (*Accident Plan*)
 - Paj kas phais pov hwm yuam kev raug (*Accidental Death & Dismemberment (AD&D) Insurance*)
 - Nyiaj tso them nqi (*Flexible Spending Accounts – Health Care, LPFSA, Dependent Day Care*)

Teev Ntawv Nkag los Pauv

- Koj yuav tsum muaj lub **My Benefits account** siv nkag / pauv cov paj kas phais no hauv. Yog koj tsis tau tsim ib lub *account*, saib hauv [Tsim Ib Lub Account nyob hauv My Benefits](#) rau cov kev qhia.
- Nkag rau hauv [Workday](#), ces mus rau qhov *Personal > Benefits and Pay > Suggested Links > My Insurance Benefits*.
- Nkag rau hauv **My Insurance Benefits** siv koj cov *My Benefits* ntaub ntawv. Ces, xyuas koj cov paj kas phais muaj tam sim no thiab cov neeg thiab teev ntawv nkag ua ntej hnuv kawg (**Kaum Hli tim 31, 2025, 4 teev 30 tsaus ntuj**).
- Yog koj ntxiv koj tus pojniam/txiv los menyuam rau hauv koj cov paj kas phais, thaum koj nkag, tej zaum yuav kom koj muab tag nrho lawv lub npe, tus lej *Social Security*, hnuv yug, thiab ntaub ntawv (daim ntawv sib yuav rau tus pojniam/txiv los daim ntawv yug rau koj cov menyuam).

Saib hauv benefits.wisc.edu/2026 kawm ntxiv.