

ANNUAL BENEFITS ENROLLMENT

JULY 15 - 31, 2025

Make a splash and get enrolled today!

Four days left for Annual Enrollment

Be sure to select or adjust your benefits coverage, including adding or removing dependents, for our upcoming benefit plan year. The last day to make new elections and changes is this Thursday, July 31.

Our [UTSW Annual Enrollment webpage](#) has important plan updates, rate changes, and resources to support your benefits selections.

Want to *keep* the same benefits?

No action is required, unless you have a flexible spending account (FSA). If you have a [UT FLEX account](#), you must reenroll every year.

Want to *change* your benefits?

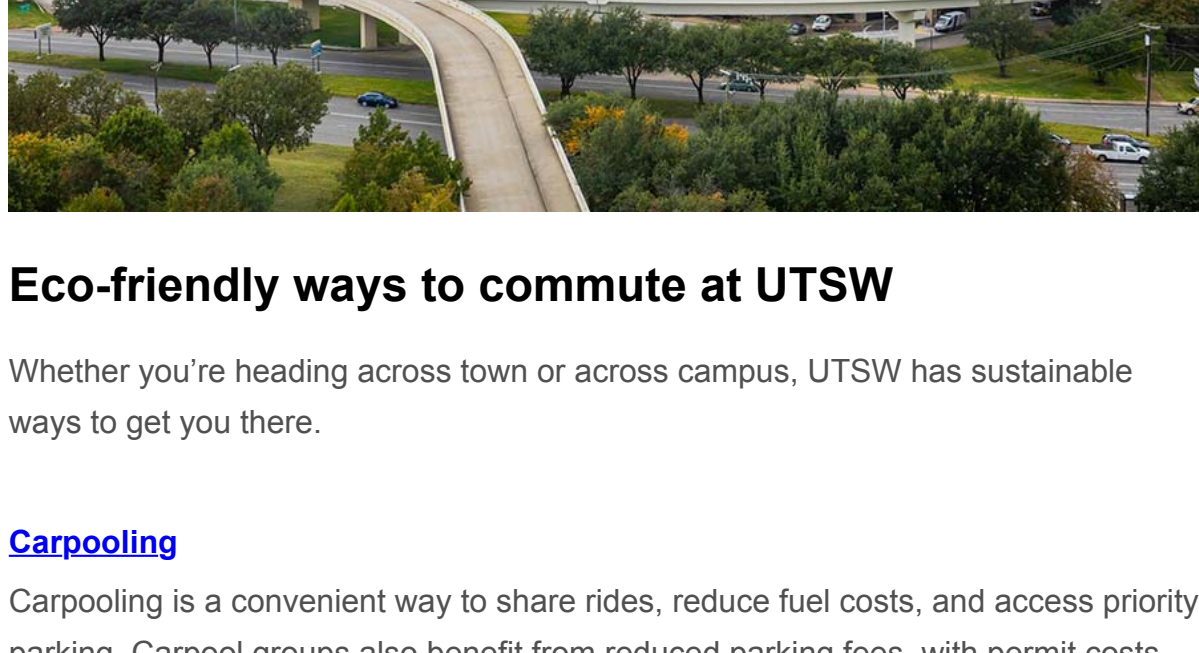
Visit the [My UT Benefits](#) page, select The University of Texas Southwestern Medical Center, and follow the prompts.

Please note:

Any benefit changes outside of the Annual Benefits Enrollment period require a qualifying event (e.g., change in marital status, birth/adoption of a child, loss or gain of group health insurance, etc.). Changes to your plan will go into effect Sept. 1.

Have questions or want more information? Reach out via [email](#) or call the Benefits team at 214-648-9830 with any questions.

[Visit the Annual Enrollment webpage](#)



Eco-friendly ways to commute at UTSW

Whether you're heading across town or across campus, UTSW has sustainable ways to get you there.

[Carpooling](#)

Carpooling is a convenient way to share rides, reduce fuel costs, and access priority parking. Carpool groups also benefit from reduced parking fees, with permit costs shared among participants. To learn how to register, join, or start a carpool, visit the [Parking Portal](#) or check out the [Green Champions Team channel](#).

[Campus Shuttles](#)

UTSW's shuttle system connects key locations across campus and throughout the Southwestern Medical District, including Pegasus Park. [View routes and schedules](#) online to make your commute even easier. [Access Shuttle Tracker](#) for a live view.

[DART](#)

Skip the traffic, and ride in comfort with discounted DART passes available to employees and students through UTSW's subsidy program. Employees and students can save an average of more than 50% off the standard price.

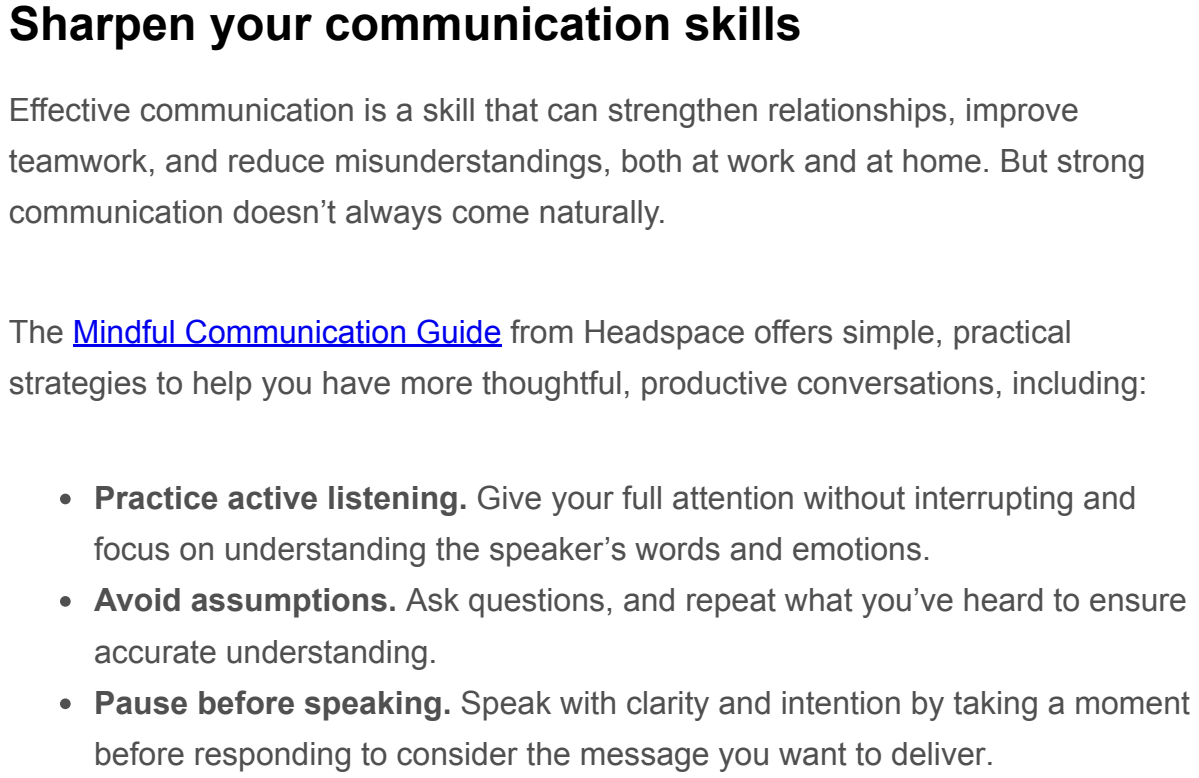
[Bicycles](#)

Designated parking areas across campus make it simple to secure your bike, scooter, or motorcycle. Be sure to register your bike with University Police (it's free), and always wear a helmet.

Whether you're commuting from across town or just down the block, UT Southwestern supports transportation options to fit your needs and budget.

Learn more about sustainable transportation options and resources on the [Transportation webpage](#).

[Plan your greener route](#)



Sharpen your communication skills

Effective communication is a skill that can strengthen relationships, improve teamwork, and reduce misunderstandings, both at work and at home. But strong communication doesn't always come naturally.

The [Mindful Communication Guide](#) from Headspace offers simple, practical strategies to help you have more thoughtful, productive conversations, including:

- **Practice active listening.** Give your full attention without interrupting and focus on understanding the speaker's words and emotions.

- **Avoid assumptions.** Ask questions, and repeat what you've heard to ensure accurate understanding.

- **Pause before speaking.** Speak with clarity and intention by taking a moment before responding to consider the message you want to deliver.

- **Practice empathy.** Put yourself in the other person's shoes, and acknowledge their feelings to make the conversation more compassionate and constructive.

- **Manage your emotions.** Stay present and manage your emotions by using calming techniques when things become overwhelming.

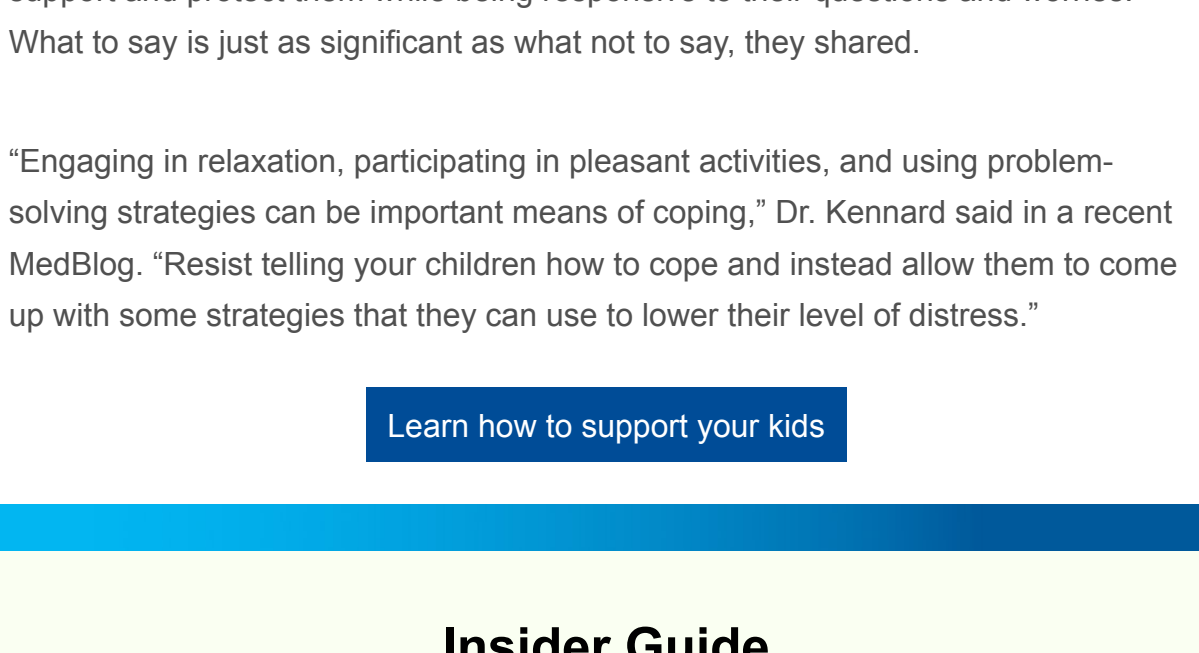
The guide also includes useful tips on managing stress, setting clear intentions, and a planner to help you prepare for important discussions.

If you haven't signed up for Headspace, be sure to enroll today to access all your benefits.

- [Employee enrollment](#)
- [Student enrollment](#)

For questions about Headspace or other Employee Support resources, contact our HR team at 214-648-9810 or via [email](#).

[View the guide](#)



Tips for talking to kids about traumatic events

The devastating flooding and loss of life in the Texas Hill Country this month have shaken many families and left children confused and frightened. As with any disaster, it can be difficult to know what to say and how to help manage their emotions.

Experts **Betsy Kennard, Psy.D.**, and **James Norcross, M.D.**, of the UTSW Department of Psychiatry, say it's crucial to reassure your kids that you're there to support and protect them while being responsive to their questions and worries. What to say is just as significant as what not to say, they shared.

"Engaging in relaxation, participating in pleasant activities, and using problem-solving strategies can be important means of coping," Dr. Kennard said in a recent MedBlog. "Resist telling your children how to cope and instead allow them to come up with some strategies that they can use to lower their level of distress."

[Learn how to support your kids](#)

Insider Guide



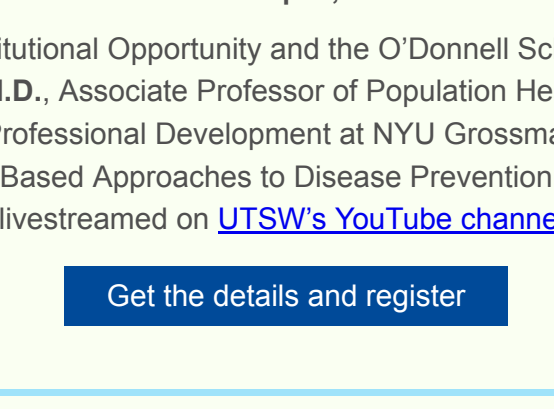
End-of-the-month social celebration

5-7 p.m., Aug. 5

Culinary Dropout, No. 101 (150 Turtle Creek Blvd., Dallas)

Spend a casual evening connecting with fellow UTSW employees at this event organized by UT Southwestern's Faculty Wellness Office. Enjoy good company and conversation in a laid-back atmosphere. Food and drinks are available for purchase.

[Register to attend](#)



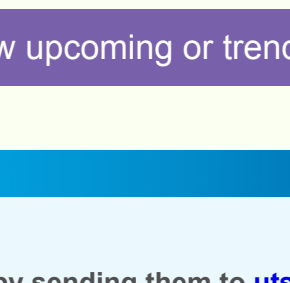
Health Disparities Research Lecture Series – Joseph Ravenell, M.D.

8-9 a.m., Aug. 8

South Campus, D1.502

Join the Office for Institutional Opportunity and the O'Donnell School of Public Health as **Joseph Ravenell, M.D.**, Associate Professor of Population Health and Medicine and Associate Dean for Professional Development at NYU Grossman School of Medicine, presents "Community-Based Approaches to Disease Prevention." The event will also be livestreamed on [UTSW's YouTube channel](#).

[Get the details and register](#)



UTSW Events Calendar

Looking for your daily dose of happenings?

The UTSW Events Calendar is updated every day.

[Click to view upcoming or trending events](#)

Share your *Insider* suggestions by sending them to utswinsider@utsouthwestern.edu. Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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