

Career Transition Resources

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Career Transition Resources Webpage

Human Resources wants to support you as much as possible. This webpage offers resources to help you navigate this challenging time, from counseling to benefits to help planning your next steps.

- Canopy Assistance Program
- Employee Benefits
- Professional Development Resources
- State Of Oregon Resources

<https://hr.uoregon.edu/career-transition-resources>

Canopy Assistance Program

Canopy offers several confidential support services for employees facing layoff. Examples of services includes:

- Counseling sessions
- Job and Financial Coaching
- Homeownership and Housing Support
- Wellbeing Tools

You will have access to Canopy for thirty days after your last day of employment.

Contact Canopy at 800-433-2320 or info@canopywell.com, or by logging in at canopywell.com

<https://hr.uoregon.edu/canopy>

Professional Development Resources

LinkedIn Learning

Access LinkedIn Learning content in your U of O account through your last day of work. Learning content has been added to this webpage. Some learning content examples include:

- The New Rules for Resumes
- Identify Your Transferrable Skills
- Leveraging Your Transferrable Skills to Drive Your Career
- Recovering From a Layoff: Make a Structured Recovery Plan

If you need help accessing LinkedIn Learning, email learning@uoregon.edu

<https://hr.uoregon.edu/career-transition-resources#resources>

Continuing Your Benefits

Classified and hourly unclassified employees must work 80 hours in the final month of employment to receive benefits through the end of the following month.

Unclassified salaried employees must work half the working days or 80 hours in the final month of employment to receive benefits through the end of the following month.

Your benefits will end the last day of your final month of employment, if you don't work 80 hours or half the working days in the final month.

For more information on what happens to your employee benefits when you leave the university: <https://hr.uoregon.edu/leaving-uo-benefits-changes>

Benefits Continuation Examples

COBRA and PEBB Retiree Insurance resources are available through BenefitHelp Solutions (BHS). BHS administers these plans for PEBB.

For more information, you may contact BHS at 877-433-6079 or review information located on the website at:

<https://www.oregon.gov/oha/PEBB/Pages/Non-Employee.aspx>

Health Insurance Marketplace allows enrollment through a Special Enrollment Period if you've had certain life events, including losing health coverage.

You may contact 800-318-2596 or access information at: <https://www.healthcare.gov/>

Retirement Plan Information

Public Employees' Retirement System (PERS): To discuss next steps regarding your PERS Tier 1, Tier 2 or OPSRP account, contact the PERS office at 1-888-320-7377.

<https://www.oregon.gov/pers/Pages/index.aspx>

Optional Retirement Plan (ORP): For account information and available options, contact your ORP company.

Fidelity: 800-343-0860

TIAA: 800-842-7715

Valic: 800-448-2542



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Voluntary Retirement Plans

You will not be eligible to continue contributing to voluntary retirement plans. Contact your company representative for information and available options.

Fidelity: 800-343-0860

TIAA: 800-842-7715

Oregon Savings Growth Plan: 800-365-8494



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Vacation and Sick Leave

Vacation Leave: Unless otherwise specified in your employment agreement/contract, unused vacation hours will be processed as stated below.

- **Classified employee:** after six months of state service, you will be paid for unused vacation leave (maximum 250 hours).
- **Unclassified employee:** will be paid for unused vacation leave (maximum 180 hours).

Sick Leave is not payable for accumulated unused hours at the time of separation.

If you have questions regarding vacation or sick leave, please check with your department.



For specific questions regarding your personal situation, please contact the UO Benefits Office by email or to schedule an appointment.

E-Mail: hrbenefits@uoregon.edu

Phone: 541-346-3085

Website: <https://hr.uoregon.edu/benefits>

Any error or omission in this presentation is unintentional. If there is a discrepancy between this notice and state and federal law or the plan documents, the law or documents will prevail.



Office of Human Resources