

UCDAVIS

Human Resources

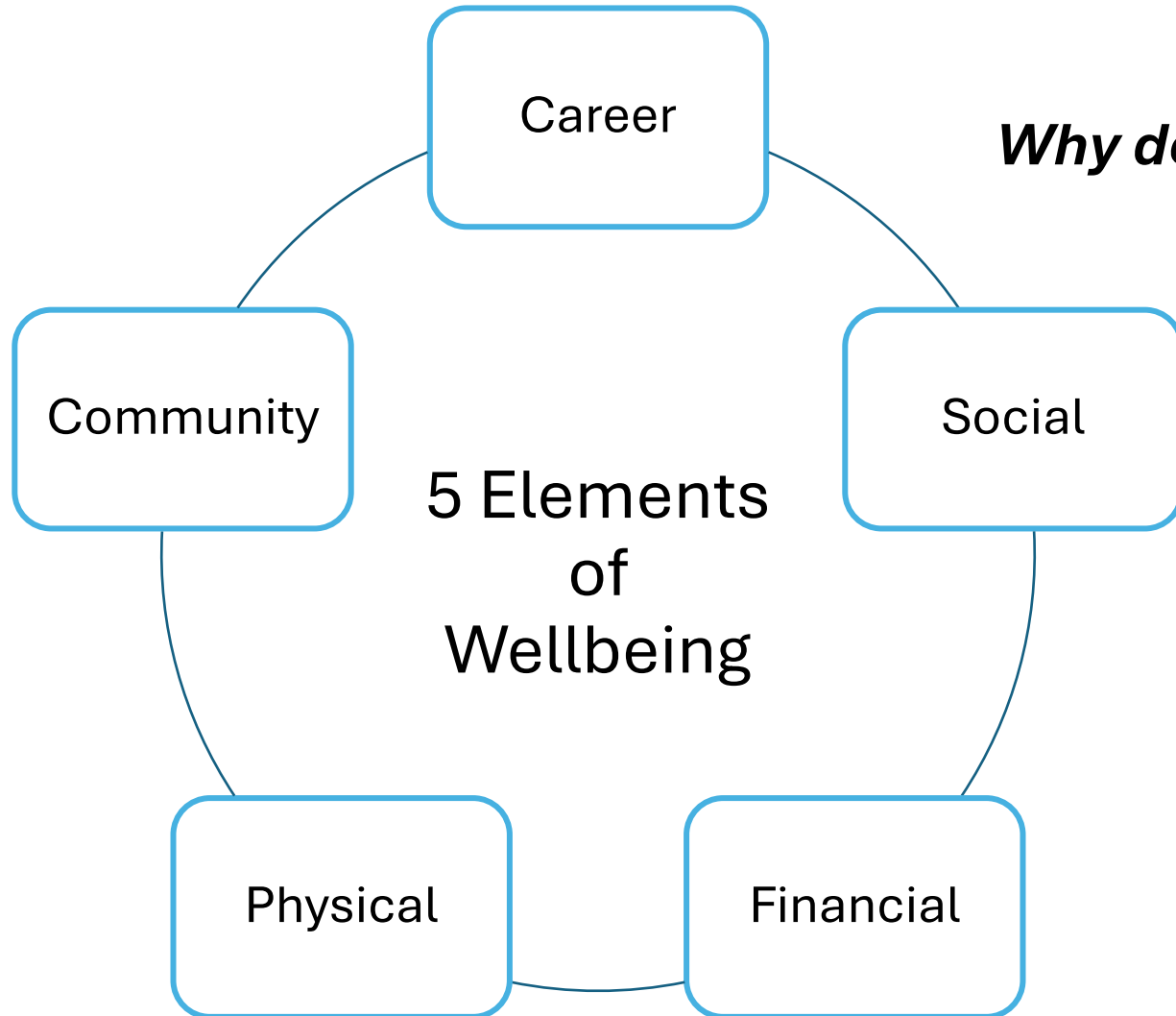
Well-being at UC Davis

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Essential Elements of Wellbeing



Why does this matter in the workplace?

Amongst engaged employees, those who aren't thriving report the following risks:

- **61%** higher likelihood of burnout often or always
- **48%** higher likelihood of daily stress
- **66%** higher likelihood of daily worry
- **Double** the rate of daily sadness and anger

Employee Well-being

We strive to build and support a thriving culture of health and well-being at UC Davis and UC Davis Health

- Health and Wellness
 - Programs supporting employees' physical, social, and financial well-being
- Lactation Support
 - Consultations, support groups, and hospital-grade pumps at 80+ locations
- Employee Recognition
 - Awards that celebrate outstanding employee contributions
- WorkLife
 - Resources for family care, workplace flexibility, childcare grants, and employee discounts

Employee Well-being

Health & Wellness

Stacey Brezing

Connie Tan

Talithia Allen

WorkLife

Julie Zech

Rebecca
McCarthy

Marla Dolcini

Employee Recognition

Ben Gamez

Brandee Mead

Expanding Well-being Resources

- Financial Well-being
 - Webinars and education
 - Financial benefits and navigation
 - Student Loan Counseling Benefit Launch
- Physical Well-being
 - Menopause support
 - Health Plan wellness programs and navigation
 - UC Moves Bloom Challenge
- Workplace Well-being
 - Healthy work culture resources
 - Work Life integration resources and support

Tuition.io

EDUCATION ASSISTANCE BENEFITS

You're invited to participate in your Student Loan Benefits Program

Harness the Power of PSLF

Public Service Loan Forgiveness

Tuition.io Tools & Resources

- Forgiveness Tracking
- Automated reminders
- Digital Submissions
- 1:1 Loan Coaching

Stay on Track for PSLF: What the July 1 OBBBA Changes Mean for You

Major federal student loan changes take effect on July 1, 2026 and they may impact your path to Public Service Loan Forgiveness (PSLF). Here are the key points to be aware of:

PSLF still exists & borrowers are actively receiving forgiveness

PSLF remains fully intact. You can still earn forgiveness by:

- Working **30+ hours/week** at a qualifying nonprofit, government, or tribal organization; AND
- Making **120 qualifying payments** on Federal Direct Loans under an income-driven repayment (IDR) plan

Critical PSLF changes for Parent PLUS borrowers

- **April 1 consolidation application deadline has passed:** Parent PLUS borrowers needed to apply for a Direct Consolidation Loan by April 1 to preserve access to PSLF. If you applied to consolidate your Parent PLUS loan(s) by April 1, you can continue to make PSLF progress.
- Direct Consolidation Loans issued before July 1, 2026, that repaid Parent PLUS loans can be repaid on ICR or IBR. To enroll in IBR, you must first make one payment on ICR.
- If you take out new Parent PLUS loans or consolidate your loans after July 1, 2026, you will lose access to PSLF for ALL loans, even previously eligible Direct Loans for your own education.

Stay on Track for PSLF: What the July 1 OBBBA Changes Mean for You

Income-driven repayment plan changes for borrowers

Borrowers with only loans for their own education issued BEFORE July 1, 2026

- **IBR plan:** Payments on IBR continue to count towards PSLF. You no longer need a partial financial hardship to qualify for IBR, making IBR an option for more borrowers.
- **PAYE or ICR Plans:** You can stay on these plans and earn PSLF credit until July 1, 2028.
- **By July 1, 2028:** All loans must move to IBR or the new Repayment Assistance Plan (RAP) to keep earning credit toward PSLF.

Borrowers with any new loans AFTER July 1, 2026

- The only PSLF-qualifying repayment plan you'll be able to access is RAP. The OBBBA requires all your federal student loans (new and old) to move to RAP.

Explore your options to continue to make PSLF progress

- **The SAVE plan is officially ending** and borrowers in the SAVE forbearance will only have 90 days from July 1, 2026, to switch plans before their loans are automatically placed in a different plan.
- Don't wait to figure out the most affordable repayment plan. Explore your options on PAYE, IBR, ICR & RAP to identify your best alternative to SAVE before your payments resume.

WEBINAR SERIES



RESERVE YOUR SPOT

Contact Us

wellbeing.ucdavis.edu

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**Sign up for Employee Well-being
Communications!**

