How to Log In to My UT Benefits

(for Retirees from institutions other than UT Austin and Stephen F. Austin)

Go to https://utbenefits.link/manage

Select the option for All Other UT Institutions

Retired Employees

From UT Austin and Stephen F. Austin State University

Log in with institution credentials (SSO)

From All Other UT Institutions

Log in with Username & Password

To arrive at the login screen:

Welcome to My UT Benefits!

Please log in to your account below.

Username

Forgot username

Password

Reset password

Log in

Can't access your account?

Supported Browsers

Learn about Officially Supported Browsers

Log in with your username and password.

Your username is sent to you each annual enrollment from the Office of Employee Benefits. It is a CAMPUS PREFIX (below) + your employee ID. If you don't receive or can't find the username sent, click "Can't access your account?"

Campus	Abbreviation
UT Arlington	UTARL
UT Dallas	UTD
UT El Paso	UTEP
UT Health Houston	UTHSCH
UT Health San Antonio	UTHSCSA
UT HSC Tyler	UTHCT
UT MDA	UTMDACCH

Campus	Abbreviation
UT Medical Branch at Galveston	UTMBG
UT Permian Basin	UTPB
UT Rio Grande Valley	UTRGV
UT San Antonio	UTSA
UT Southwestern	UTSW
UT System Admin	UTSADMIN
UT Tyler	UTT

Your password

If you have previously logged into My UT Benefits, please use your updated personal password.

If you've never logged in to My UT Benefits or you've never changed your password, the default password is
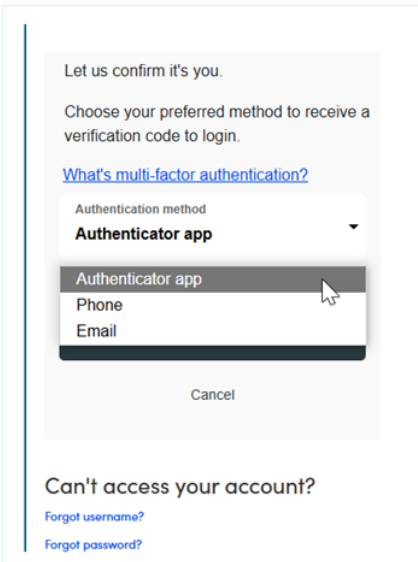
Last name (first letter capitalized) + last 4 digits of your social security number.

Example: Smith1234

If you don't remember your password, you can click on the " Can't access your account?" link below the login area.

Multi Factor Authentication (MFA) Step

You will be prompted to set up a second step of authentication. This is a required step when logging in directly.

Let us confirm it's you.

Choose your preferred method to receive a verification code to login.

What's multi-factor authentication?

Authentication method
Authenticator app

Authenticator app
Phone
Email

Cancel

Can't access your account?

Forgot username?

Forgot password?

This page will help you set up an additional level of authentication with an authenticator app, phone number or email address.
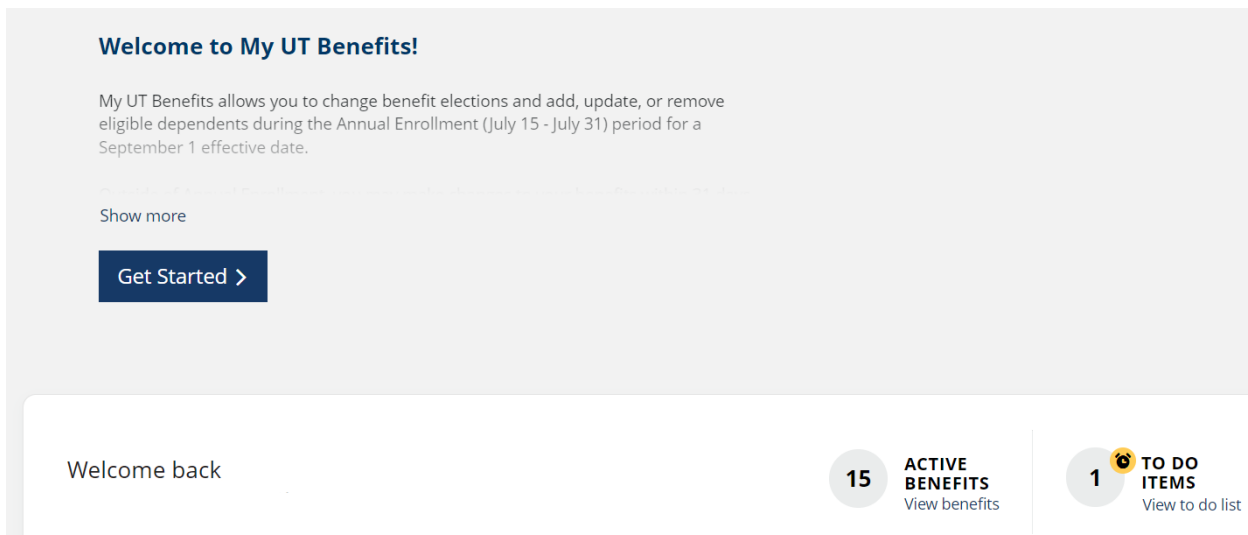
The MFA method selected will be applied to subsequent sessions, but the method selected at initial setup can be changed at any time.

Follow the prompts through the pages and click on the help tools provided in the system.

The system will pre-populate with the information on file for you, but you may choose to authenticate with a different phone number or email address.*

*If different, the phone/email you enter here will not update the information on file with the campus. It will only be used for purposes of this authentication.

Once logged in, you'll arrive at the enrollment start page which looks similar to the screen below. The blue button may be named differently depending on the time of the year (enrollment period vs. other times).

Welcome to My UT Benefits!

My UT Benefits allows you to change benefit elections and add, update, or remove eligible dependents during the Annual Enrollment (July 15 - July 31) period for a September 1 effective date.

Show more

Get Started >

Welcome back

15 **ACTIVE BENEFITS**
View benefits

1 **TO DO ITEMS**
View to do list

Follow the workflow to complete your changes.

Be sure to save your changes and complete your enrollment before exiting the system.

You may view/save/print your confirmation statement on the home screen under the Benefits tab at the top or the "Print your benefits" link in the middle ribbon of that page.

FOR TECHNICAL ASSISTANCE WITH LOGIN OR SITE NAVIGATION, PLEASE CALL MY UT BENEFITS SUPPORT AT 1 (844) 870-0044, (Available M-F, 8am – 5pm CST).