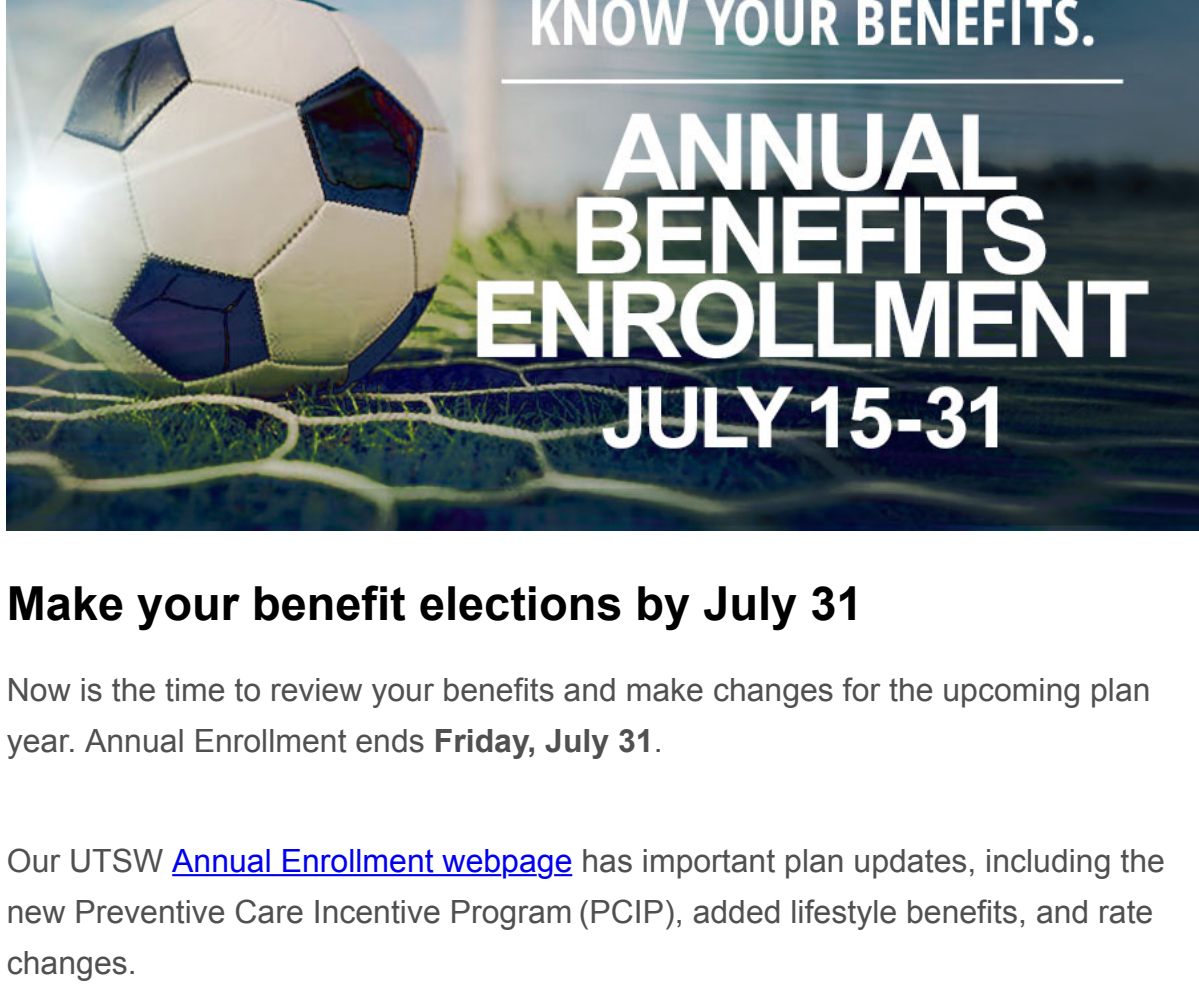


Due to a technical problem, many of you did not receive Monday's *Insider*. This issue has been resolved, and articles from that edition will be included in future newsletters. Thank you for your patience.



Make your benefit elections by July 31

Now is the time to review your benefits and make changes for the upcoming plan year. Annual Enrollment ends **Friday, July 31**.

Our UTSW [Annual Enrollment webpage](#) has important plan updates, including the new Preventive Care Incentive Program (PCIP), added lifestyle benefits, and rate changes.

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 coverage?

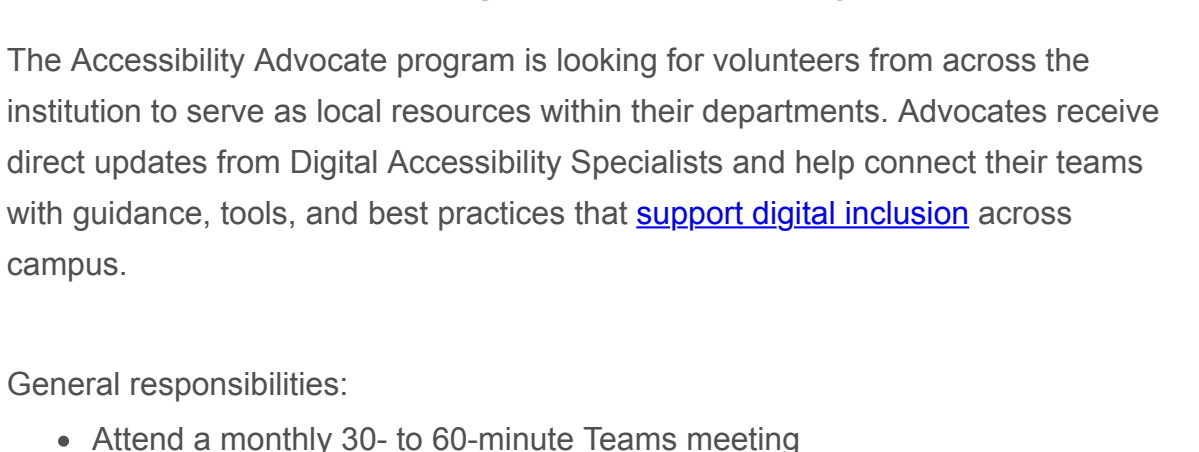
Visit the [My UT Benefits page](#), select The University of Texas Southwestern Medical Center, and follow the prompts. Updates to your plan will go into effect Sept. 1.

Please note:

Any benefit adjustments 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.).

Have questions or want more information? Reach out via [email](#) or call the Benefits team at 214-648-9810.

[Visit the Annual Enrollment webpage](#)



Be a champion for digital accessibility

The Accessibility Advocate program is looking for volunteers from across the institution to serve as local resources within their departments. Advocates receive direct updates from Digital Accessibility Specialists and help connect their teams with guidance, tools, and best practices that [support digital inclusion](#) across campus.

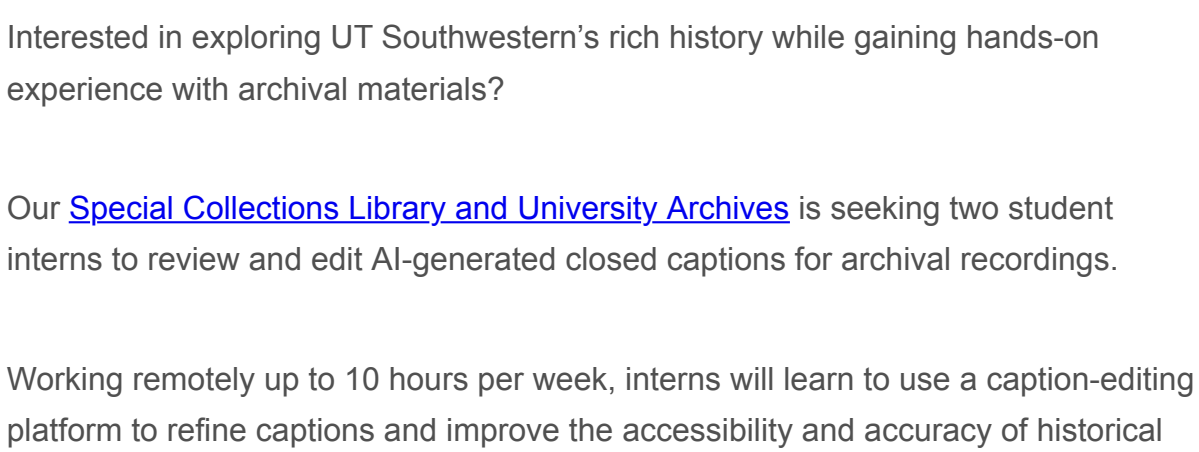
General responsibilities:

- Attend a monthly 30- to 60-minute Teams meeting
- Share updates with your department and partners
- Provide feedback from your team to Digital Accessibility Specialists

Whether you're new to accessibility or already passionate about inclusive digital experiences, joining the program is a great way to support UT Southwestern's commitment to accessibility while expanding your own knowledge and skills.

Get involved using the link below.

[Fill out the interest form](#)



Student interns needed to help preserve UTSW

Interested in exploring UT Southwestern's rich history while gaining hands-on experience with archival materials?

Our [Special Collections Library and University Archives](#) is seeking two student interns to review and edit AI-generated closed captions for archival recordings.

Working remotely up to 10 hours per week, interns will learn to use a caption-editing platform to refine captions and improve the accessibility and accuracy of historical recordings. Previous experience with closed captioning or transcript editing is helpful but not required.

The position is open to all current UT Southwestern students and runs from Sept. 14 to Dec. 19, with the possibility of an extension. Email the [Archives team](#) with any questions.

*Clockwise from top left: **Donald Seldin, M.D.**, serves as a judge at the 1981 UT Southwestern chili cook-off; Sesame Street's Bert and Ernie visit children at UTSW and Children's Medical Center in 1981; a toddler hears sound for the first time following a cochlear implant procedure in 1997; and lab staff celebrate the holidays during a Christmas gathering.*

[Apply today](#)

Research Highlights

UT Southwestern researchers regularly publish important findings in some of the world's most respected journals. Here are highlights from some recent discoveries.

[‘Polypill’ combining three medications improves heart failure outcomes](#)

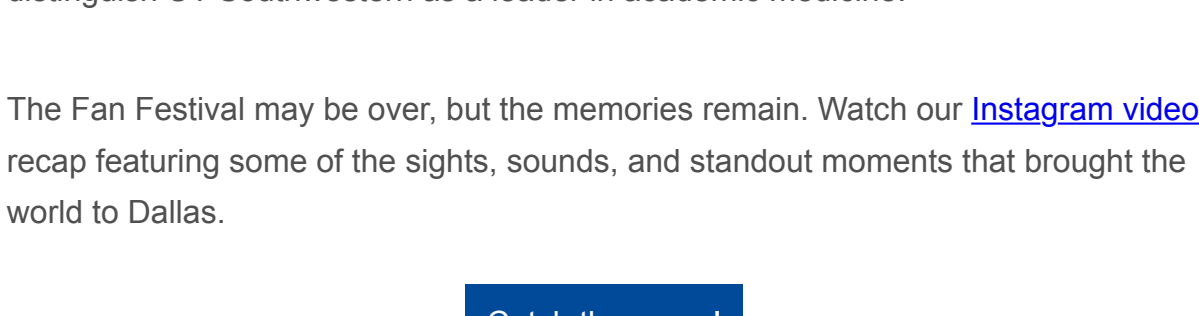
A randomized clinical trial led by UTSW researchers found that a “polypill” combining three medications recommended to treat heart failure into one daily dose proved far more effective than taking the drugs separately. The findings, published in *Nature Medicine*, were based on treatment of patients with reduced ejection fraction (HFrEF), in which the heart's left ventricle can't contract effectively.

[Eating at the right time can boost health for a lifetime](#)

Restricting eating to certain hours of the day could have a positive effect on healthspan (the length of time people remain healthy and free from disease), according to a study by UTSW scientists published in *Nature Aging*. **Joseph Takahashi, Ph.D.**, Chair and Professor of Neuroscience, and colleagues found that timed feeding significantly improved the healthspan of mice, suggesting the same potential benefits in humans.

[Gut bacteria byproducts may protect against common fungal infection](#)

The gut microbiome may be a powerful defense against fungal infections. In a study published in *Cell Host & Microbe*, a team at UTSW discovered that byproducts created when gut bacteria break down fiber can help keep *Candida albicans*, a common, potentially deadly fungus, in check.



Relive the magic of the FIFA Fan Festival

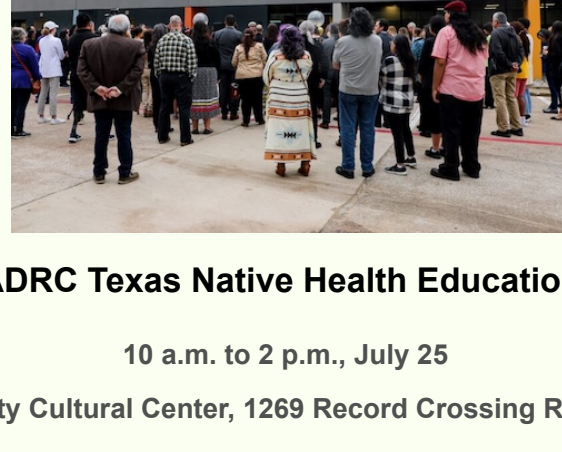
After nearly 40 days of global competition, unforgettable moments, and hometown pride, the FIFA World Cup 2026 has wrapped up an incredible chapter in North Texas.

UT Southwestern was honored to help welcome the world to our region as a FIFA World Cup 2026 Dallas Host City Supporter. From packed fan gatherings to spirited celebrations, our city transformed into a vibrant international destination where soccer fans came together. Along the way, we had the opportunity to showcase the outstanding patient care, groundbreaking research, and exceptional education that distinguish UT Southwestern as a leader in academic medicine.

The Fan Festival may be over, but the memories remain. Watch our [Instagram video](#) recap featuring some of the sights, sounds, and standout moments that brought the world to Dallas.

[Catch the recap!](#)

Insider Guide



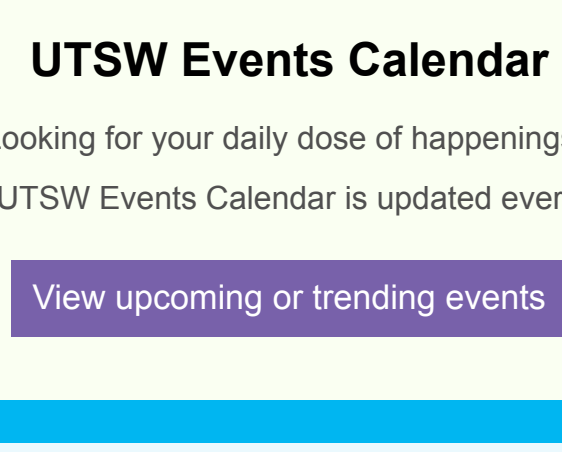
Skyline Café summer feast

11 a.m. to 2 p.m. today

T. Boone Pickens Biomedical Building, Skyline Café (ND.14)

Treat yourself to a summer feast featuring grilled barbecue chicken, jalapeño cheddar sausages, pulled smoked beef sandwiches, a loaded french fry bar, seasonal sides, fresh salads, and homemade desserts. Cost is \$12.79 per plate, not including tax.

[Explore the menu](#)



NT-ADRC Texas Native Health Education Fair

10 a.m. to 2 p.m., July 25

Community Cultural Center, 1269 Record Crossing Road, Dallas

UT Southwestern's North Texas Alzheimer's Disease Research Center (NT-ADRC), in partnership with Texas Native Health, will offer educational resources and free memory and cognitive (Mini-Cog) screenings alongside community partners providing additional health resources.

[Get the details](#)



UTSW Events Calendar

Looking for your daily dose of happenings?

The UTSW Events Calendar is updated every day.

[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](#).

This is an internal email and not intended for external distribution. Please do not forward.
© 2026 UT Southwestern Medical Center. All rights reserved. UTSW *Insider* is a publication of Communications, Marketing, and Public Affairs (CMPA) at UT Southwestern Medical Center.