

October 17, 2013

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## HR News

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### 2014 Annual Benefits Open Enrollment

Benefits Administration is providing you with this important information related to the 2014 Annual Benefits Open Enrollment period beginning October 21, 2013 through November 8, 2013. The Open Enrollment period is the only time of the year when benefits-eligible employees can elect to enroll, change, add, or drop coverage and/or dependents from their benefits plans, unless you experience a Qualified Status Change. We encourage you to review the complete Open Enrollment information found [here](#) and prepare for this event to ensure that you receive important benefits materials which will allow you to make informed decisions for your benefits enrollment.

### OEA *Insights* Newsletter | October 2013

The Office of Employee Assistance (OEA) is happy to present the next installment of [Insights](#). This October issue describes the latest online course in the World of Wellness Series – Generations in the Workplace. In addition, you will find tips on what you can do to live more mindfully on a daily basis! Be sure to check out the OEA events section with information on our Mindfulness Meditation Sessions!

If you have any feedback or questions about the services that the OEA provides, please call 305-348-2469.

### Employee Perks & Services Program

The Division of Human Resources is pleased to introduce the Employee Perks & Services Program. This new *value added* benefit discount program is effective immediately for all employees to enjoy. As a benefit of your employment with the university, you have access to discounts from hundreds of local and national vendors. Receiving your discounts is easy - most vendors just need to see your FIU OneCard or require an online coupon code which is available to you through the [Employee Perks & Services webpage](#).

For additional information on the Perk & Services Program, contact the Human Resources Service Center at 305-348-2181.

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## Walktober Wednesdays Walking Club

FIU's Worlds of Wellness initiative, which promotes a culture of healthy lifestyle choices for FIU faculty and staff, is pleased to introduce the Walktober Wednesday Walking Club.

Walking is widely promoted for its cardiovascular benefits, improved circulation, stress relief, calorie burning (weight loss) and overall boost to mental and physical energy levels while improving your health and self-esteem. Walking offers the same cardiovascular benefits that can be received from running. Participants can get an aerobic workout by simply putting one foot in front of the other and enjoying the magnificent scenery within the Florida International University campus.

Do it for you, your family, friends and/or coworkers. Set a goal and reward yourself when you reach it. You'll look and feel better as each step brings you closer to overall health and wellness. You know it: walking is good for you! It's easy, fun and, best of all, free! So it's time to start your own walking program — with us! [Click here](#) for details regarding the time and locations for each campuses' walking club.

We look forward to your participation and feedback in order to make FIU a healthier place to work. Should you have any additional questions, please do not hesitate to contact Human Resources Service Center at 305-348-2181 or email us at [benefits@fiu.edu](mailto:benefits@fiu.edu).

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## Benefits Informational Sessions

The Benefits Administration team will be hosting a series of informational sessions addressing the impact of the Patient Protection Affordable Care Act on FIU's part-time employees, as well as open labs to assist in processing Open Enrollment changes for employees who wish to adjust their benefits plans. Please [click here](#) for more information on these upcoming sessions or contact the Human Resources Service Center at 305-348-2181.

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## Campus Updates

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### Fight the Flu: Get Your Flu Shot Today!

As a way to keep the FIU community healthy during the upcoming flu season, FIU Health is once again offering the flu vaccine to faculty and staff. No appointment is needed, and there is no charge for the flu vaccine for those faculty and staff who are insured (just bring your photo ID and insurance card). If you are not insured, the cost will be \$20.00 (payable by check or cash). Vaccines will be available (while supplies last) at the two Faculty Group Practice (FGP) locations:

#### FGP–MMC

PG5, Suite 131

Phone: 305-FIU-DOCS (348-3672)

Vaccines are available Mondays & Thursdays, 8:00am–8:00pm; Tuesdays, Wednesdays & Fridays, 8:00am–5:00

#### FGP–Broward (at Broward Health)

1600 S. Andrews Avenue, Suite 1090, Ft. Lauderdale

Phone: 954-523-2727

Vaccines are available Mondays, 11:30am–6:00pm; Tuesdays, 8:00am–3:30pm

In addition to other selected university sites, vaccines will also be available at the Benefits Fair on Thursday, October 24<sup>th</sup> at MMC - GC Ballrooms, 9:00am–4:00pm; and on Tuesday, October 29<sup>th</sup> at the BBC Panther Square, 9:00am–2:00pm.

For more information about the flu and some of the myths and facts associated with the flu vaccine, [click here](#).

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## **MLK Wall of Fame Nominations**

FIU proudly announces the 23<sup>rd</sup> Annual Rev. Dr. Martin Luther King, Jr. Commemorative Celebration to be held during the month of January 2014. FIU's Office of Multicultural Programs & Services (MPAS) has steadily produced one of the finest and largest annual commemorations honoring the legacy of Rev. Dr. Martin Luther King, Jr. for over twenty-two years. The 2014 Rev. Dr. Martin Luther King, Jr. Commemorative Committee is pleased to announce that it is now accepting nominations for the 2014 MLK Wall of Fame. For additional information, please [click here](#).

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*To provide feedback on this newsletter, please contact us at [hadmin@fiu.edu](mailto:hadmin@fiu.edu).*