

December 15, 2017

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## Call For Nominations for the Service & Recognition Awards Ceremony—DEADLINE APPROACHING



The Division of Human Resources invites your nomination(s) for the 2018 Service and Recognition Awards Ceremony, where we will honor and recognize FIU's distinguished faculty and staff members for their achievements and years of service.

To access the site where you can learn more about all award categories and their criteria, nomination process, and/or to submit nominations, please click [here](#). The deadline to submit has been extended to Thursday, December 21<sup>st</sup>.

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## Employee Benefits



Quick reminder regarding your 2018 Benefits:

- In order to ensure you receive your [W-2 & 1095-C](#) via USPS mail in a timely manner, please update your mailing address no later than December 20, 2017 through [Employee Self-Service \(ESS\)](#).
- All changes made during the Open Enrollment period will be effective on January 1, 2018.
- For the Flexible Spending Accounts, the contributions will be deducted on the January 5, 2018 paycheck.
- New enrollees of [Aflac Cancer and/or Intensive care plans](#), are asked to please complete the application form and submit to Capital Insurance Agency, Inc. at the address below:  
Address: 5491 University Dr. #103, Coral Springs, FL 33067  
Phone: (954) 341-8705 / (800) 940-5656  
Fax: (954) 341-5311

Email: [southflregion@capitalins.com](mailto:southflregion@capitalins.com)

- If [evidence of insurability](#) is required of new and/or increased optional life insurance coverage participants, participants are asked to please submit evidence of insurability to Securian directly by faxing it to (850) 878-0048. Securian must approve evidence of insurability to begin new coverage levels.

**NEW Perks!** – The Division of Human Resources is excited to present FIU's fantastic perks! Discover **NEW** savings on restaurants, housing, car rentals, entertainment, and more [here](#).

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## Affordable Care Act Open Enrollment



FIU faculty and staff who are currently uninsured can review options through the Health Insurance Marketplace during the Affordable Care Act's Open Enrollment period for 2018 coverage. The Open Enrollment Period ends **TODAY, December 15, 2017**. As a result of Hurricane Irma's impact on the state, Florida residents may qualify for an extension until December 31<sup>st</sup>. For more information, please visit [healthcare.gov](http://healthcare.gov) or contact the insurance exchange at (800) 318-2596. Financial assistance may be available to qualifying individuals and families. Those who enrolled last year should re-enroll in the Marketplace for 2018 Coverage. The Affordable Care Act is still fully in effect and citizens may be penalized if health insurance coverage is not maintained throughout the year. If you need assistance, or have additional questions, please call 786-708-0836 or email [hshaheen@healthcouncil.org](mailto:hshaheen@healthcouncil.org).



[Click here to like us on Facebook!](#)

**PAWScast** – This month's PAWScast episode is out now! Click [here](#) to listen as Nathan and Giselle have a discussion with Amy Kimberlain, a Registered Dietician with Baptist Health, about nutritional fallacies and how "diets" have it all wrong. Enjoy!

**December Wellness Wire** – [This month's issue](#) of the Wellness Wire is now available! View a calendar of events, learn about managing stress during the holiday season, and discover the importance of handwashing. Happy reading!



It's officially the holiday season! During this time of year there can be so much pressure that unfortunately the joy, magic, and meaning of the season is lost, or often replaced by stress. It is more than possible to survive the holiday season. Here are five mindful antidotes to help you through the discomfort:

- Treat Yourself
- Reduce Commitments
- Focus on what matters
- Appreciate with Compassion
- Savor. Just Be.

Self-care and pacing are key in staying healthy and actually enjoying the holiday season. If you are experiencing a difficult time with the holiday blues or feeling very stressed, please reach out to The Office of Employee Assistance at (305) 348-2469, where help is within reach.

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### Special Holiday Discounts with The Wolfsonian – FIU



The Wolfsonian-FIU is offering FIU faculty, staff, and students a special holiday discount ending December 31<sup>st</sup>. FIU faculty and staff can save 30% and students can save 20% on unique gifts. For more information, please click [here](#).

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### The College of Arts, Sciences & Education Camps at MMC



Searching for a fun, adventurous and exciting camp for kids during Spring Break and the summer? Look no further! The College of Arts, Sciences & Education @ MMC is sponsoring enrichment workshops for youth ages 4 and up. For more information or to register online, please click [here](#). Should you have any questions, please contact Ana Jimenez at (305) 348-6545 or email [summercamp@fiu.edu](mailto:summercamp@fiu.edu).

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### Discover the New You with FIU Online



Learn more about FIU Online's [Twelve Days of Discovery!](#) A degree can help you achieve the success you want in your career, change careers, or help improve your marketability to organizations worldwide. Get a head start on your New Year's resolutions and make the commitment to pursue the degree you've always wanted. [Discover the New You with FIU Online!](#)

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### The Leadership Lectures Featuring Co-Founder of EA Games



Join the Center for Leadership for The Leadership Lectures on Thursday, January 25<sup>th</sup> at 9:30 a.m. in the Graham Center Ballrooms featuring Dave Evans, co-founder of Electronic Arts and best-selling author. Listen as Dave discusses his book *Designing Your Life: How to Build a Well-Lived, Joyful Life* while sharing stories of his success as the co-founder of EA (video games include FIFA, The Sims, etc). Click [here](#) to register for this lecture. This lecture counts towards 2 hours of professional development. For more information, please click [here](#).

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*Purchase your Poinsettia's  
for the Holiday Season*



Decorating for the holidays? Need to give a gift? Give back to FIU by purchasing a poinsettia grown by the students in the Agroecology Program. Each poinsettia is \$8.00 each. To order a poinsettia, please contact [agroecol@fiu.edu](mailto:agroecol@fiu.edu) or (305) 348-0186.

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