HEALTH & WELLNESS:

**Doctor on Demand**
Register with Doctor on Demand by March 20th to get a $5 Starbucks Card delivered to your inbox! You will also be entered into a drawing to win a $250 gift card to the Union College Bookstore!

Union College and CDPHP have partnered up to offer you a quick and easy way to see a doctor 24/7 with Doctor on Demand. Board-certified physicians are available at your fingertips and can diagnose and prescribe medication for many common conditions such as colds, flu, rashes and more!

Doctor on Demand also offers licensed psychologists and board-certified psychiatrists who are available by appointment to assist with anxiety, depression and other related concerns. Doctor on Demand is just a $20 copay per visit.

**Union College Employee Testimonial:**

“I just wanted to thank you all for setting up Doctor on Demand with CDPHP. On Monday I used it for the first time, and I was a bit skeptical about how it would actually work. It only took a few minutes to install and setup the appointment, and within less than 5 minutes I was on a video call with the doctor. I was so impressed! The whole process was so easy and the doctor was able to call in a prescription without me ever having to leave the house.”

**We encourage all employees to provide the HR team with any positive or negative feedback on their experience with Doctor on Demand so that we can make your visit a great one!**

**Flexible Spending Account (FSA) with Sentinel** – Register online at [www.SentinelGroup.com](http://www.SentinelGroup.com) to view your flex spending dollars, to submit expenses and/or receipts, to view your statement, and to access online claim submission forms and instructions for reimbursements. Remember, you have until March 15, 2019 to use your 2018 Health Care and Dependent Care flex dollars.

You can use your Health Care FSA dollars for health care related purchases. Through the FSA Store, you can shop on-line for approved products. Just remember to keep all receipts. For more information on how to use FSastore.com or to shop the online FSA Store, click [www.fsastore.com](http://www.fsastore.com).

**Life Points** – If you have medical insurance through the PPO Plan U or PPO Plan C, you are eligible to participate in the Life Points program. To get started, take your Personal Health Assessment (PHA), worth 50 points, by logging into the CDPHP website at [http://www.cdphp.com/Members](http://www.cdphp.com/Members) and following the link to “Take My Personal Health Assessment”. The more you do, the more points you can earn. If you have an issue with the website, please contact CDPHP at 518-641-3100. Additional information about Life Points is available on the Human Resources website under Health and Wellness [www.union.edu/human-resources/benefits](http://www.union.edu/human-resources/benefits).

**Success Coach** - Union College cares about YOU! Union’s Success Coach, Kyla Schmidt, is on campus weekly. See days and times listed below. To schedule an appointment, call/text Kyla at 518-944-3440 or email her directly at kschmidt@schenectadyworks.com.

- Tuesdays from 8:30 am – 10:30 am at Schenectady Works located at 816 Union St. (next to St. John’s)
- Wednesdays from 1:00 pm – 3:00 pm in Feigenbaum Hall Basement Conference Room*
- Fridays from 10:30 am – 12:30 pm in 303 McKean 3rd Floor*
Employee Assistance Program—e4health – Life and wellbeing assistance for you and your family available anytime, any day, confidentially and at no cost.
Contact information:
- Phone: 800-828-6025
- Website: www.HelloE4.com
- Username: union college
- Password: guest

Get Healthy/Stay Healthy! - Get out and enjoy the beautiful winter snow. Union continuously offers various health and wellness programs to aid you in getting healthy and staying healthy. Whether you walk, jog, dance, do yoga, take spinning, aerobics, cardio, weights, participate in Weight Watchers or want to take a healthy walking tour of the campus, Union provides its employees with the tools or classes that they need to accomplish their health goals year round. You can also check out wellness and health options with CDPHP by clicking on https://www.cdphp.com/members/wellness-treatment.

RETIREMENT PLANNING:

Make the most of your money and reduce your taxable income by making a contribution or increasing your contribution to your retirement plan! Employees are able to contribute, on a pre-tax basis, up to $19,000 per year into their 403(b) retirement plan, for calendar year 2019. Employees age 50 and over may contribute an additional $6,000. Employees not currently eligible for the College’s generous 11% contribution are still eligible to participate in the retirement plan. For employees interested in contributing monies on a post-tax basis, we have a Roth 403(b) option available with TIAA and Fidelity. Changes can be made to your current retirement deduction through Employee Online or by obtaining a Retirement Investment Election Form on the HR Website or at the HR office.

Make an appointment for March to meet with a retirement plan representative to discuss your options.

Fidelity Investments Representative
- Monday, March 18th, from 9:00 am to 4:00 pm- McKean House, 3rd Floor*
- Thursday, March 21st from 9:00 am to 4:00 pm- O’Brien Center 015A

To schedule an appointment with the Fidelity Representative, go to www.netbenefits.com/union or call 800-642-7131.

TIAA Representative
- Thursday, March 7th from 9:00 am to 4:00 pm- O’Brien Center 015A
- Wednesday, March 20th from 9:00 am to 4:00 pm- McKean House, 3rd Floor*

To schedule an appointment with the TIAA Representative, login into your account at www.tiaa.org/union or call 800-732-8353. Learn more about the available plans and investment options at Union College by checking out our web portal at TIAA.

Mark your Calendar: Market-Proof Your Retirement Webinar
Throughout your career, you probably heard repeatedly how important saving for retirement is. However, as the day approaches, there are additional questions you’ll have to ask yourself. Am I overexposed to market losses? Will I outlive my money? Am I confident that I can retire on my terms? In retirement—and the years leading up to it—protecting your savings becomes just as important as growing it. Join TIAA to learn how to create your own “personal pension”! The webinar will be held on March 14th from 12 pm -1 pm. Register today for this exciting webinar by clicking the link TIAA March Webinar and scheduling online.
HR PROFESSIONAL/PERSONAL DEVELOPMENT OPPORTUNITIES:

**Employee Training Scholarship Program** – Employees interested in pursuing training opportunities should submit a brief written proposal, using the Employee Training Scholarship Program form. Completed forms, available on the HR website at: https://www.union.edu/human-resources/benefits, should be submitted to the supervisor, department head, or department chair for consideration and then forwarded to HR. Each proposal will be considered carefully in terms of job-relatedness and availability of funds; a prompt approval or denial will be provided.

**LinkedIn Learning** – Formerly known as “Lynda.com,” LinkedIn Learning offers numerous “Learning Paths” to help you stay ahead in your current job or to prepare for a new opportunity. If you are interested, documentation for accessing LinkedIn Learning is available on the ITS website: (https://its.union.edu/documentation/lynda.com). You must have a Union email address to access the site.

**DISCOUNTED TICKET OFFERS:**

**Proctors Tickets** **Due to the limited number of group tickets, all tickets are on a FIRST COME, FIRST SERVED basis. FULL PAYMENT reserves your ticket(s). If you are interested in reserving your ticket, stop by HR with payment today.**

The Last Show for the 2019 Proctor’s Season:

Spring 2019:
The Phantom of the Opera – April 24, 2019, 7:30 pm
• $49 per ticket

**General Tickets and Events** - Tickets for great events, theatre, travel, movies and much more is always available at a discount to Union employees. Visit one of the following websites for current offers:

**Corporate Offers**

• Go to http://www.corporateoffers.com/corporateaccess/offers/broadway.php

**Tickets at Work**

• Go to www.TicketsatWork.com
• Click on "Become a Member"
• You will then be prompted to create an account with your email address and company code: UNIONEDU