working toward a cleaner, healthier region!

Earbuds (log 6 transit trips) ErgoFoam Adjustable Footrest (log 3 telework days) Yeti Rambler Travel Mug (log 6 carpool or vanpool trips). Help us in rewarding there are tons of chances to win more cool stuff so you can travel in style. Log at least 6 green trips during the two weeks of the

$500 gift card to Big Peach Running Company and a one-year Family Plus Gift Membership to Atlanta Botanical Garden. If you love getting previous award winners. Submissions will be accepted through

impact starting from its roots in Atlanta and extending to places all over the world.

The following groups meet monthly and are coordinated by the Emory Worklife team:

Emory Worklife Offers Groups

Learning in a quick and cost-effective way. A new set of Learning Labs is offered through November, 2022.

Take time for your own professional development with Learning Labs, new courses which are designed to help you build your skills and expand your

cannot attend, a session will also be recorded.

NetBenefits website:

Several changes to Emory's retirement plan will occur on September 1.

Emory will have two providers of recordkeeping services, Fidelity Investments and TIAA.

Performance Management – FY2022 Forms Due by August 31

Registrar at Emory University offers you the flexibility to earn college credits and degrees online or on campus. Our online programs are continually rated among the top in the US. Our

Connect and Chat Sessions:

Anxiety Toolbox Series:

Develop skills and practical strategies for preventing and reducing anxiety with this three-session, virtual seminar.

The FSAP Refresh:

Offered on Tuesdays at 12:00 pm via zoom.

More details about the retirement plan transition can be found at:

the FSAP website: www.fsapcredit.com

the NetBenefits website: www.emorynetsite.com

We will also offer Yoga and Tai Chi Sessions, in person (at select locations) and live streamed so anyone can participate.

Your FSA Credits: The benefits of a flexible spending account (FSA) are immediate, providing you with an immediate income tax benefit as you contribute to your credit. Some

Financial Wellness

Medicare and other insurance changes

HR recently launched a new service awards program with a new vendor, O.C. Tanner. This

Employee Discounts

The following is a list of recent discount(s) for HR employees.

ADDITIONAL LINKS AND RESOURCES

Wellbeing Check-in:

Anxiety Toolbox Series:

Individual consultations allow faculty and staff to gauge emotional health/coping and identify strategies for enhancing

Refresh From Stress is back this fall, encouraging you to engage in simple and fun activities that focus on resilience, self-care, mindfulness, and

Connect and Chat Sessions:

Anxiety Toolbox Series:

Develop skills and practical strategies for preventing and reducing anxiety with this three-session, virtual seminar.

The FSAP Refresh:

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