



## Need a Primary Care Provider (PCP)?

One of the best ways you can maintain good physical health is by scheduling a medical checkup with a primary care provider (PCP) each year. Routine preventive care is covered at 100% under all Emory University medical plans and you can even earn a [medical plan well-being incentive](#) for completing your annual preventive wellness exam. If you do not currently have a PCP, here are options to find one now:

- You can choose an Emory-employed PCP. Emory Healthcare is committed to hiring approximately 90 new PCPs over the next five years and opening new sites to support demand. [Make an appointment](#).
- You can also take advantage of the clinically integrated Emory Healthcare Network, which includes more than 380 aligned PCPs across the state. These include: more than 64 [Southeast Primary Care Partner physicians](#), 35 [CVS MinuteClinics](#), six [One Medical offices](#) (join at no cost with code EMORYOM), virtual-first care through [Galileo](#) and more than 220 additional independent community primary care physician practices. Plus 70 urgent care sites through collaboration with [Peachtree Immediate Care](#).
- Employees on the Kaiser Permanente plan must choose [Kaiser Permanente providers and services](#). However, all their 600+ providers are connected through instant access to your electronic health record.



## Sleep & Recovery Challenge

During this campaign, now through August 31, focus on your sleep and improve your mental and physical health. Record your progress using [Healthy Emory Connect \(Sharecare\)](#). By participating, you can earn a \$100 Emory medical plan well-

being [incentive or reward](#) when you complete all [five activities](#) by August 31.

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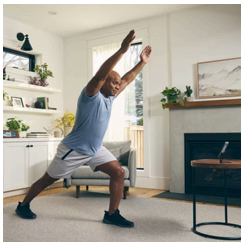


### **Performance Management: Have You Completed Your Annual Self-review?**

Emory University's performance management process is designed to facilitate communication between supervisors and staff employees regarding job performance and goals. Part of this process is the annual self-review which is due soon for most staff.\* The performance management platform (Bullseye) is accessed from [Self-Service](#) (click "Talent Mgt.") Training resources are available on the [Talent Management website](#) including user guides and video tutorials.

\* Timelines vary for different areas. For more information, or if you have questions about the performance management process for your department/division, contact your HR leader.

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### **New Benefit: Get Joint and Muscle Pain Relief with Hinge Health**

Get virtual exercise therapy and more to help:

- Recover from an injury
- Relieve pelvic pain and discomfort
- Reduce everyday joint and muscle aches
- Improve your balance, strength, and mobility

There's no cost to you! Your Hinge Health benefit is covered by Emory. Employees and their dependents age 18+ enrolled in an Aetna medical plan through Emory are eligible. [Learn more.](#)

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### **Struggling with Sleep During Menopause? Maven Can Help**

Hot flashes, insomnia, and frequent bathroom trips are just a few of the ways menopause can disrupt your sleep—but you don't have to suffer through it alone. Maven offers expert support from OB-GYNs and mental health providers who can

help you manage symptoms and improve your rest.

Maven is available to Emory employees enrolled in the Aetna medical plan, as well as their **spouses, partners, and dependents over 18**. There are no co-pays and no out-of-pocket costs for Maven appointments and resources. [Join today](#).

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Employees  
with Disabilities  
at Emory  
Network

### **EDEN's Disability Pride Month Trivia and Ice Cream Social**

In celebration of Disability Pride Month, Emory's newest Employee Resource Group, the Employees with Disabilities at Emory Network (EDEN), is hosting its first social event: a Disability Pride Month Trivia and Ice Cream Social. The event will take place on Thursday, July 31, from 2:00 - 4:00 pm at the Hatchery (1578 Avenue Place) and virtually. [Register](#).

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### **Workplace Culture and Belonging Courses**

Learning and Organizational Development is offering four Workplace Culture and Belonging courses during the month of July:

1. **Introduction to Neurodiversity**, Thursday, July 24, 10:00 - 11:30 am
2. **Psychological Safety**, Tuesday, August 12, 10:00 - 11:30 am
3. **Psychological Safety**, Wednesday, August 27, 10:00 - 11:30 am
4. **Psychological Safety**, Wednesday, September 17, 10:00 - 11:30 am

To register, log into [Brainier](#) and search for the course title. You can also learn more about each course by visiting the [online calendar](#).

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EMORY | Emory Black Employee Network

## **It Takes a Metaverse: Managing Mental Well-being in a Digital World**

Emory Black Employee Network (EBEN) is recognizing Minority Mental Health Month with their annual well-being event. This year's event, "It Takes a Metaverse: Managing Mental Well-being in a Digital World", will focus on navigating digital spaces as it relates to safety, connection, and health.

This virtual, 2-day event, will be held on Wednesday, July 23 and Thursday, July 24 from 12:00 - 1:30 pm each day. Employees can join one or both days and this event is open to all. [Register](#) by July 18.

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## **Using a GLP-1 for Weight Loss? Important Coverage Update**

Emory is partnering with FlyteHealth to help employees and adult dependents (18+) enrolled in an Emory-sponsored Aetna health plan succeed in their weight loss journey, especially when using GLP-1 medications. Weight loss medications are only covered if prescribed by a FlyteHealth provider or an approved Emory Healthcare provider specializing in endocrinology, obesity medicine, or lifestyle medicine. If you choose not to engage with FlyteHealth or an approved Emory provider, you may still access weight loss medications, but they will not be covered under the employee health plan. Be aware that out-of-pocket costs can be substantial, potentially reaching thousands of dollars. [Learn more about FlyteHealth.](#)

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## **Career Navigation Conversations Can Be Difficult: The Talent Management Team is Here to Help**

The [Career Navigation](#) process is designed to help employees explore and manage their career growth at Emory University. To encourage this, HR's Talent Management team will be offering trainings for managers and individual contributors on how to effectively engage in career development conversations. Register for the following sessions:

### Manager Sessions:

- Thursday, July 17, 1:00 – 2:00 pm. [Register.](#)

### Individual Contributor Sessions:

- Thursday, July 10, 10:00 – 11:00 am. [Register.](#)

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## Webinars, Workshops, and Training

**July  
7**

### Mini Moves Webinar

This webinar will share practical ways to get moving to improve your overall physical health and well-being as well as address some health conditions. You will be able to participate in fun activities while learning practical ways to move more, your way, for better health. July 7, 3:00 - 4:00 pm. [Register.](#)

**July  
8**

### Caregiver Conversations

Join a virtual caregiver meet-up to discuss caregiving strategies and stressors involved with caring for loved ones. This will also be an opportunity to learn about resources within Emory, the local community, and beyond. Meetings occur on the second Tuesday every month from noon - 1:00 pm. Email [mary.ellen.eady@emory.edu](mailto:mary.ellen.eady@emory.edu) to receive the calendar invitation.

**July  
9**

### Midweek Mindfulness Meditation

Learn strategies for staying centered and reducing your stress. The first Wednesday of each month will be a 1-hour session that includes a guided meditation plus an educational component. Subsequent Wednesdays will be a 30-minute session. Next session is July 9, 12:00 - 12:30 pm. Click [here](#) to learn more and join.

**July  
15**

### Back to School with Confidence: Letting Go to Lift Them Up

As the school year begins, it's tempting to stay closely involved in every detail of your child's academic life. But constant hovering can actually hold them back. Join educator Amy Alamar, Ed.D.,

for a research-based workshop on how stepping back can help your child step up. July 15, 12:00 - 1:00 pm; [register](#).

**July  
28**

### **Cardio Boost Webinar**

This class will wake you up and get you moving! You will learn about the health benefits of cardio, and then we will put them into practice with an upbeat workout, finishing with simple stretches. You will receive recommendations and resources for how to incorporate more movement into your workday. July 28, 3:00 - 4:00 pm. [Register](#).

**August  
6**

### **Parent Meet-Up**

Join a virtual parent meet-up to discuss parental strategies, stressors, and different topics and issues parents face today. Meetings occur on the first Wednesday every month from noon - 1:00 pm. Email [mary.ellen.eady@emory.edu](mailto:mary.ellen.eady@emory.edu) to receive the calendar invitation.

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## **News from Around Campus**

- Through the **Emory Courtesy Scholarship**, eligible employees can take a fully funded, 3-credit MBA course this fall without committing to earning a degree. Gain practical insights you can apply right away while expanding your network as you learn alongside Goizueta MBA students. [Explore Fall course offerings](#).
- Emory will welcome members of the National Academies of Sciences, Engineering, and Medicine (NASEM) for a public forum spotlighting the findings of the new consensus study, **Transforming the Culture of Caregiving: A National Strategy to Support Health Professions Faculty and Trainees**. The report outlines actionable strategies to help faculty, trainees, and learners better navigate the demands of caregiving alongside their professional responsibilities. [Learn more and register](#).



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**ADDITIONAL LINKS AND  
RESOURCES**

[Human Resources](#)  
[Faculty Staff Assistance Program](#)  
[Benefits and Worklife](#)  
[Healthy Emory](#)  
[Employee Discounts](#)  
[Emory News Center](#)

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