

Introducing Emory's New Free Financial Confidence Program

Emory is excited to introduce **Truist Momentum**, a new financial confidence program available to all university employees. This program offers something for everyone, regardless of your financial situation. Whether you're learning to budget, saving more, improving your credit score, planning to buy a home, or preparing for retirement, you'll have access to valuable tools and advice. Emory is proud to invest in your future by covering 100% of the program's costs.

This program provides both instructor-led training and self-directed learning options. Join an upcoming introductory **session** to explore the program:

- Thursday, January 23, 10:00 am-11:00 am
- Thursday, January 23, 7:00 pm-8:00 pm • Thursday, January 30, noon-1:00 pm

Following the introductory session, participate in six weekly instructor-led classes from February 6th to March 13th or online

To learn more and register for upcoming sessions, visit <u>here</u>.



self-paced learning.

Award of Distinction Applications Are Now Open

Do you know an exceptional staff member? The 2025 Award of Distinction applications are now **open.** The Award of Distinction Program is the highest award for university staff which annually recognizes 10-15 employees who have made outstanding contributions to the Emory community.

Learn more about the nomination process and eligibility <u>here.</u> The deadline to submit nominations is 5:00 pm on Monday, February 10, 2025.



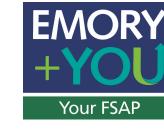
2025 If you would you like to get your 2024 tax forms (W-2 and 1095-C) online, log into Self-Service and

consent to receive them electronically no later than 11:30 pm on Monday, January 13, 2025. See

Get your 2024 tax forms online – Deadline to sign up is January 13,

instructions. If you have previously consented to receiving your tax forms online, you do not need to do it

again. If you do not consent to receive your forms online, they will be mailed to your home address. Please verify that your home address is listed correctly in <u>Self-Service</u> by reviewing the information in the *Personal Information* tile.



FSAP's Emotional Health Offerings

Well-being Check-In: Offered virtually, a Well-being Check-In can help you gauge your emotional health and coping skills, as well as identify strategies for enhancing resilience. Click here to learn more about how you can get started.

management, resilience, burnout prevention, and mindfulness are more important than ever. Workshops are designed to equip your team with the skills and strategies needed to thrive--• Enhance team dynamics: strengthen relationships and communication within your team.

Workshops for Teams: In today's fast-paced environment, effective communication, stress

- Boost productivity: equip with tools to manage stress and enhance focus. • Foster a healthy work environment: create a culture of support, understanding, and resilience.
- Click here to learn more about FSAP Workshops. Email FSAP at efsap@emory.edu or call 404-727-

WELL (9355) to request a team workshop.



New Diversity and Inclusion Courses

The Diversity and Inclusion Education and Outreach (DIEO) team is offering four general enrollment courses in February and March:

- 1. Introduction to Diversity, Equity, and Inclusion, Wednesday, February 5, 2025, 10:00 am
- 2. Addressing Microaggressions, Tuesday, February 18, 2025, 2:00 pm 3:30 pm 3. Navigating a Multigenerational Workplace, Thursday, March 20, 2025, 10:00 am - 11:30 am
- 4. Introduction to Neurodiversity, Wednesday, March 26, 2025, 2:00 pm 3:30 pm

To register, log into Brainier and search for the course title. <u>Learn more about each course</u>.





Employees eligible to participate in the <u>Tuition Reimbursement Program</u> may begin utilizing the

benefit at the beginning of the Academic Session following eligibility. To ensure the application is processed correctly and timely, participants should list the "course start date" that best corresponds to the Emory University Academic Session date. Academic Session Dates for AY 2025:

Spring Semester (SS) begins January 13, 2025

Postpartum, and Menopause

enrolled in the Aetna medical plan. Learn more.

- Summer Session I (SS1) begins May 19, 2025 • Summer Session II (SS2) begins June 30, 2025
- For more detailed information about the Tuition Reimbursement Program such as eligibility requirements, contact the Benefits Department at hrbenef@emory.edu, call 404-727-7613, or click <u>here.</u>

Meet Maven: Your Free Virtual Support for Pregnancy,



XX MAVEN

Get personalized, 24/7 virtual care, guidance, and support for pregnancy, postpartum, and menopause —whenever and however you need it. Maven is available to Emory University faculty and staff

Maven is hosting a free, informational webinar for employees on January 23 at 12:00 pm. Register today.



Join an Employee Resource Group Today!

- Emory Resource Groups: Employee Resource Groups (ERGs) are voluntary, employee-led groups established around common interests, purpose, and/or characteristics, typically underrepresented identities and their allies. These groups provide opportunities for:
- Giving voice to marginalized or underrepresented communities. Learn more <u>here.</u>

Enhancing community, engagement, and inclusion.

Networking and social connection.



O sharecare

Earn Your Medical Plan Incentives for 2025 This year, you'll see exciting programs, resources, and incentives tied to a holistic new vision for

incentives (or \$850 for employee + spouse). Incentive activities must be completed between Eligible Emory employees who waive participation in an Emory medical plan can engage in rewardable activities and be entered into a raffle. Find out more here.

employee well-being. These include opportunities to earn up to \$425 per person in medical plan

growth, and community together.

Learning and Organizational Development Announces General

Stay active, prioritize your well-being, and win exciting prizes! Let's make 2025 a year of health,



All general enrollment courses are virtual and offered via Zoom. Upcoming courses include: Crucial Accountability, Fantastic Service Behaviors, Crucial Conversations, Feedback Essentials, Situational Leadership, Communicating with Impact, and Strategies for Influencing Others. View the course

Webinars, Workshops, and Training

12:00 pm - 1:00 pm, virtual Payment options for long-term care are limited, and Medicare doesn't cover home care or assisted living. Are you familiar with Medicaid or the Veterans Administration Aid and Attendance benefit,

Enrollment Courses for January - June 2025

schedule and course descriptions.

Feb 3

more details.

Jan 28

including recent changes? Many families don't realize their options until a crisis hits. This seminar offers valuable information to help you plan ahead and make informed decisions about finding, getting, and paying for quality long-term care. Register.

The Importance of Being Educated Prior to a Crisis

Personal Leadership: Making a World of Difference Series offered by ISSS 10:00 am - 11:30 am, virtual

Do you work with diverse people and sometimes face misunderstandings or conflict? Would you like

to learn how to engage with differences from a place of curiosity and authenticity? Join Amber Cordell, Associate Director of International Student and Scholar Services (ISSS), for a free, two-part workshop. Part 1 is on February 3, and (optional) Part 2 is on February 17. Sign up through Brainier for

- **News from Around Campus**
- Every year, Emory's King Week features a variety of programs to celebrate the life and legacy of Rev. Dr. Martin Luther King Jr. and the civil rights movement. This year's events will take place from January 14 to 25, 2025. For a full list of Emory King Week events and more information, view the website. • Emory University's Office of Sustainability is excited to invite artists, writers, and creatives across our community to contribute to
- The Youth Theological Initiative at Candler School of Theology invites 9th-12th graders to apply for our 4-day travel program, February 14-17, exploring the Civil Rights Movement in Alabama. Question can be directed at jweaver@emory.edu. Find out more here.

Emory Continuing Education is offering special tuition offers on many learning opportunities. Most popular certificates and courses will

artwork could become a part of this transformative initiative! Read more and submit your art here!

be 20% off during the New Year, New You event, January 22 - 24, 2025. Learn more.

Emory's upcoming sustainability strategic plan, Sustainability Vision 2036! This important plan will guide Emory's sustainability efforts over the next decade, using the United Nations' 17 Sustainable Development Goals (SDGs) as a framework for a sustainable future. Your

 Emory programs or activities involving minors require registration and approval. These requirements apply to programs that are developed or administered by Emory or take place on Emory's campus. This includes programs like athletic camps, academic camps,

research activities, and more. If you oversee a program(s) involving minors, don't forget to register. For more information, visit the Office

of Ethics and Compliance Website. For research involving minors, contact researchcompliance@emory.edu. If you have questions, email compliance@emory.edu.



ADDITIONAL LINKS AND RESOURCES **Human Resources Website**

Faculty Staff Assistance Program Benefits and Worklife Department

Healthy Emory

Emory News Center

NEWS YOU CAN USE View Previous NYCU Issues

SUBMIT A STORY TO

Employee Discounts Blomeyer Health Fitness Center Emory Alliance Credit Union

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