



October 7, 2024



Annual Benefits Enrollment will soon be here

Emory's annual benefits enrollment will take place **October 28 - November 11, 2024**. During the enrollment period, you can select or make changes to your benefits such as medical, dental, vision, life insurance, and more. This is also the time for you to **set aside funds** for your 2025 Healthcare Flexible Spending Account (FSA), Dependent Day Care FSA, or Health Savings Account (HSA).

Your benefits newsletter, with information about this year's enrollment has been mailed to your home address which outlines the many changes occurring this year. You can also view it [here](#). The annual enrollment [website](#) also contains all of the information you need for this year's enrollment.

Remember to take the time to review your benefits to make sure you have the right coverage for you and your family.



Stress Less, Live More

Stress can show up in different ways, making you feel uncomfortable or upset, and harming your health over time. [Stress Less, Live More](#) gives you tools and resources to help you focus on decreasing your stress. Record your progress using [Healthy Emory Connect](#) (Sharecare) to earn your medical plan incentive or be entered for the chance to earn a reward! Challenge begins **Monday, October 7**.

Sign in to your Sharecare app or create your account at healthyemory.sharecare.com or [click here](#) to learn how to get started with Healthy Emory Connect (Sharecare).



Celebrating 2024 Career Milestones!

Emory University is excited to celebrate 191 employees who are reaching 25, 30, 35, 40, 45, 50 and 55 years of service in 2024. These employees will be honored at a luncheon on Tuesday, November 19, and will be recognized by President Gregory L. Fenves and other university leaders.

You can [read about some of the staff who are being celebrated](#) or view the [full list of honored employees](#).



Learning and Organizational Development (L&OD) is Now Accepting Applications for Upcoming Programs

Applications for the following L&OD programs are now available:

- Essentials of Leadership
- Aspiring Leaders
- Administrative Professionals Program
- Mentor Emory

The deadline for all applications is Monday, November 4, 2024. If you have any questions about the applications, email neffertiti.harwell@emory.edu.



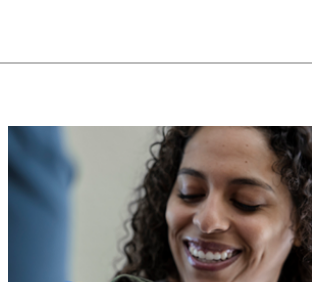
Voting Reminders

The deadline to register to vote is **Monday, October 7**. If you live in Georgia, you can check your voter registration status and register to vote online at mvp.sos.ga.gov.

Once you've registered, make a plan to vote. Early/Advance voting is October 15 – November 1, Monday-Friday, 7:00 am-7:00 pm. Election Day is November 5. For more information visit: mvp.sos.ga.gov.

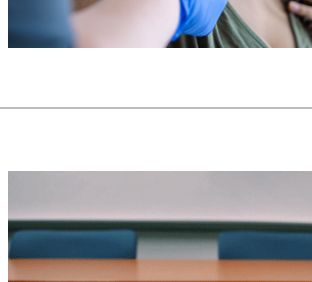
Anyone in the Emory community (regardless of voter registration status) can also [sign up](#) to volunteer for a two-hour shift at the 1599 polling location. Volunteers primarily welcome voters to the building and point them to the beginning of the queue for the actual voting precinct space.

The University allows up to **4 hours of paid time off** for voting on Election Day or during Advance Voting, as well as for **volunteering at the 1599 Polling Location**. Employees should inform their supervisors in advance.



Get Your Flu & COVID-19 Vaccinations

Getting the flu and COVID-19 vaccines (shots) is the best way to reduce your risk of getting sick and spreading it to others. Emory employees on an Emory medical plan can receive flu and COVID-19 vaccines at **no cost** at in-network locations or through participating pharmacies. [Learn more](#).



Ready, Set, Goals!

As we embark on a new fiscal year, it's the perfect time to reflect on our objectives and create goals that will help us achieve growth. Setting goals allows us to focus our efforts and make progress towards what matters. By setting specific, measurable, achievable, relevant, and time-bound (SMART) goals, we can effectively channel our energy towards achieving desired outcomes.

The new **Bullseye** system can assist us in this endeavor. [Watch a short video](#) that walks you through Emory's goal setting process.

Brainier Learning Management System offers Emory employees several training courses related to achieving results and setting goals, including:

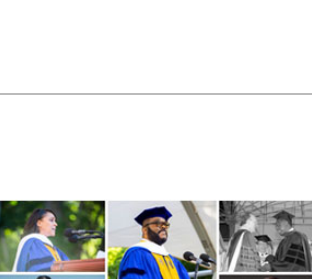
- How to Achieve SMART Goals (30 minutes)
- Managing Performance: Setting SMART Goals (15 minutes)
- Collaborative Goal Setting at a Distance (10 minutes)

Brainier also has hundreds of free, professional development courses through content partner, **Open Sesame**. Emory employees can develop professional acumen in different areas like communications, DEI, business skills, and wellness. Popular courses include:

- Excel 365: Beginner, Intermediate, and Advanced
- Project Management 101
- Effective Presentation Skills
- Unconscious Bias
- Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones | James Clear

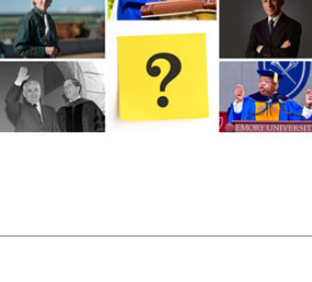
Access Open Sesame by logging into [Brainier](#). You can [search the catalog](#), for available courses. Can't find the training content that you are looking for? [Submit a request](#) for access to additional training content from Open Sesame.

Visit the [Talent Management webpage](#) for more information and video tutorials.



Nominate Someone You Admire for an Emory Honorary Degree

Tyler Perry, Natasha Trethewey, Hank Aaron, Temple Grandin, Anthony Fauci, Mikhail Gorbachev, John Lewis. What do they have in common? All are recipients of Emory honorary degrees. Who should be next? [Submit](#) your nominations by **November 1**.



Employee Resource Groups: Upcoming Events

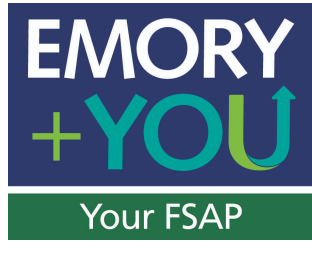
Emory University currently has six Employee Resource Groups (ERGs), open to all faculty and staff—those who identify with the groups as well as allies.

- Visit the [ERG calendar](#) to find out about future programming
- Visit the [ERG webpage](#) to learn more about ERGs and how to join a group



FSAP Programs

This October, FSAP observes National Depression Screening Day and ADHD Awareness Month. Check out the FSAP [online calendar](#) for upcoming October workshops and programs!



An Ounce of Prevention = A Pound of Cure: Mammograms

October is Breast Cancer Awareness Month! Mammograms can help find breast cancer in a person who doesn't have any warning signs or symptoms. A mammogram is a screening test to detect signs of breast cancer before symptoms appear and involves doing a low-dose x-ray of the breasts. Individuals of average risk should consider getting a mammogram every year starting at the age of 40.

Mammograms are considered preventive care, so if you have an Emory medical plan, it is covered 100% (no out-of-pocket cost) when you use a Tier 1 or 2 Aetna provider or a Kaiser healthcare provider.



Sharecare Customer Satisfaction Survey

The time has come for our Emory community to share your feedback and experiences with Sharecare, the platform behind Healthy Emory Connect. Open Sharecare and navigate to the bell icon to find the "Give us your feedback" notification. You'll be asked to rate your experience and can provide additional comments directly to the Sharecare team. All submissions will remain anonymous.



What Meditation Technique is Right for Me?

Discover the benefits of mindfulness meditation with this [guided session](#) designed to reduce stress and promote emotional well-being. Learn how to focus on the present moment, calm your thoughts, and enhance your overall mental health. This practice is suitable for beginners and those looking to deepen their meditation skills.

Sign in to your Sharecare app or create your account at healthyemory.sharecare.com or [click here](#) to learn how to get started with Healthy Emory Connect (Sharecare).



Uplifting Our Own: Support Emory Employees in Need

This summer, the Hardship Fund raised over \$8,000 from more than 120 donors in just a few short months. Your support is instrumental in helping our colleagues navigate through challenging times and ensuring that no one faces financial hardship alone.

Please consider supporting this fund on an **ongoing basis** by enrolling in Payroll Deduction giving! To sign-up, begin by logging into your [PeopleSoft Self-Service](#) and selecting the "Employee Giving" tile. You'll find the Emory University Employee Hardship Fund listed under General University in the areas to receive gifts dropdown.

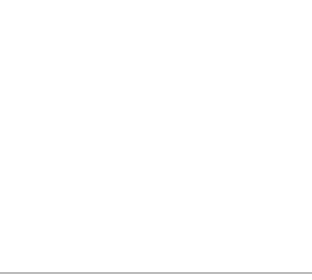
Webinars, Workshops, and Training

Oct 22 Maven Moments - Managing Menopause Symptoms at Work
12:00 pm - 1:00 pm, virtual

Discover practical solutions for managing menopause symptoms in the workplace by joining a class led by a Maven OB-GYN. Gain insights on maintaining professional focus while addressing the challenges of this life stage. Maven provides free, 24/7 virtual support for pregnancy, postpartum, parenting, returning to work after parental leave, menopause, and more. [Register](#).

Oct 29 Caring Together: Exploring Emory's Caregiver Benefits
12:00 pm - 12:45 pm, virtual

Learn about the caregiver benefits available through Emory University, tailored for you and your family. In this session, you will receive a comprehensive overview of the caregiver benefits at Emory, including key programs such as Emergency Back-Up Care, One-on-One Consultations, Virtual Care Management, and how to connect with local and national resources. [Register](#).



Diversity Courses Offered October - December

The Diversity and Inclusion Education and Outreach (DIEO) team is offering three different Diversity and Inclusion courses from October through December 2024:

1. **Introduction to Diversity, Equity, and Inclusion**, Thursday, October 24, 2024, 10:00-11:30 am
2. **Introduction to Transgender Communities**, Tuesday, November 5, 2024, 10:00 am-12:00 pm
3. **Addressing Microaggressions**, Tuesday, December 3, 2024, 10:00-11:30 am

*If you see that a training course you would like to attend is already full, please **JOIN THE WAITLIST!** Bonus sessions are often provided for popular courses. Joining the waitlist ensures we know 1) when to offer an additional opportunity and 2) to send you an invite or update on any openings.*

You can learn more about each course by visiting the [online calendar](#).

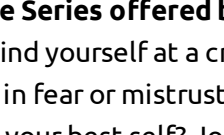
To register, log into [PeopleSoft Self-Service](#) and select the *Learning Management* tile, then, click on the *Learning Management-Brainier* tile and search for the course title.

News from Around Campus

• Stop by the annual [Sustainable Food Fair](#) at Asbury Circle on **Tuesday, October 8 from 11:30 am-2:00 pm**. Attendees can learn about sustainable food practices, sample food from a variety of student and community groups and purchase local goods and produce. This student-run fair takes place alongside the weekly Farmers Market, in partnership with the Office of Sustainability Initiatives and Emory Dining. It is encouraged to bring reusable containers and utensils.

• **Emory Continuing Education is Offering Boost Your Work Productivity with the Emory "AI for Everyone."** Learn how to use the power of artificial intelligence (AI) to work smarter, not harder! This course will walk you through how AI can be used in practical, real-world applications, showing you how it can help improve your workflows, save time, and increase overall efficiency. Use code **EAGLE12** at checkout for a **10% discount** for Emory employees. Speedtype is accepted. [Learn more](#).

• **Personal Leadership: Making a World of Difference Series offered by ISSS:** Do you work and interact with diverse people and sometimes experience misunderstandings? Do you find yourself at a crossroads or in conflict with someone and not know what to do or say? Rather than turning away from difference in fear or mistrust, would you like help engaging with difference from a place of inspiration, curiosity, and in ways that feel true to your best self? Join Amber Cordell, Associate Director of International Student and Scholar Services (ISSS), for a free workshop consisting of two 90-minute parts. Part 1 will be held on November 4 and part 2 will be held on December 9. Find details about signing up through [Brainier here](#).



EMORY UNIVERSITY HUMAN RESOURCES

ADDITIONAL LINKS AND RESOURCES

- [Human Resources Website](#)
- [Faculty Staff Assistance Program](#)
- [Benefits and Worklife Department](#)
- [Healthy Emory](#)
- [Employee Discounts](#)
- [Blomeyer Health Fitness Center](#)
- [Emory Alliance Credit Union](#)
- [Emory News Center](#)

SUBMIT A STORY TO NEWS YOU CAN USE

[View Previous NYCU Issues](#)