



JANUARY 3, 2023

2023

HAPPY NEW YEAR

Seeking co-chairs for new Employee Resource Groups

Emory plans to launch **four new employee resource groups (ERGs)** in 2023 for Latinx/Hispanic employees, Asian-American/Pacific Islander employees, Veteran employees, and Employees with Disabilities. These ERGs will be open to all Emory faculty and staff—those who identify with the groups as well as allies. We are currently accepting applications from employees who are **interested in serving as a co-chair** for one of these groups. To learn more:

- [View a recording](#) of the information session hosted on December 8, 2022., OR
- [Review the PPT slides](#) from the information session

After reviewing these materials, if you are interested in serving in a co-chair capacity, complete the [application form](#) and return it to melissa.morgan@emory.edu by **Friday, January 13**. You can also [contact Melissa](#) with questions.

YOUR WELLNESS



Healthy New You EXPO!

Get inspired to live healthier in the new year with this one-day event that focuses on setting your personal wellness goals. Various activities will be offered throughout the day including group exercise demos, preventative screenings, wellness exhibitors, and other activities centered around your wellness. We will host two events on the Clifton campus to accommodate as many employees as possible:

Date: 1/10/2023 (Tuesday)
Event Time: 10 AM – 3 PM
Where: Room 575, Emory University School of Law, Gambrell Hall, 1301 Clifton Road NE, Atlanta, GA 30322-2770

Date: 1/12/2023 (Thursday)
Event Time: 10 AM – 3 PM
Where: W525, Goizueta Business School, 1300 Clifton Rd, Atlanta, GA 30322

More information to come. We look forward to seeing you there!



Join Healthy Emory Connect powered by Sharecare

Emory has partnered with Sharecare to help you live your healthiest and most productive life. With the all-new 2023 Healthy Emory Connect program offerings, you have access to many health and well-being resources to help keep your mind and body strong – at no cost to you. If you haven't joined yet, [register today](#).

EARN INCENTIVES!

if you (and your spouse) are on an Emory medical plan, you can earn your **2023 incentives** by completing activities on the platform. Register today so you don't miss out on your rewards in 2023!

Need help? Call Sharecare customer service at 855.428.1708.



An Ounce of Prevention = A Pound of Cure: Annual Preventive Exam

In the new year, make a plan to get your annual preventive exam/checkup! For employees on an Emory medical plan, there is **no out-of-pocket cost** for an annual preventive exam. The exam generally includes:

- Vital signs
- Heart & lung exam
- Head, neck & abdominal exam
- Muscle strength, balance, reflexes

If you need a doctor, you can search for primary care providers:

- Aetna members: www.aetna.com/docfind/custom/emory or call 800-847-9026.
- Kaiser Permanente members: www.kp.org/doctors, or call 404-365-0966.

EARN AN INCENTIVE!

Emory employees and spouses who are on the Emory medical plan will receive a **\$100 medical plan incentive** just by getting an annual exam. For women, a well-adult (or well-woman) visit counts for this incentive.

Learn more: about [preventive exams](#) and the [2023 incentives](#).



Diabetes Prevention Program (DPP)

The Diabetes Prevention Program is a year-long evidence-based lifestyle change program developed by the Centers for Disease Control and Prevention. Our dedicated lifestyle coaches support you by teaching ways to eat healthier, increase physical activity, and manage stress to help prevent or delay type 2 diabetes. Our Spring 2023 cohort is starting soon!

- Complete the [Diabetes Prevention Program \(DPP\) Eligibility Form](#) to determine if you are eligible to participate in upcoming classes.
- [Learn more about the program on our webpage](#)



New to Emory? Take the New Employee Campus Walking Tour

If you are a newly hired employee at Emory, join us for the Employee Walking Tour! This is a great opportunity for you to see the campus and learn more about Emory. During this tour, we will pass by a few of Emory's historical sites, point out important locations that can be of use to you as an employee, and highlight the ease of walking on our beautiful campus. Walks will last for approximately one hour at a leisurely pace. Each will begin at Woodruff Circle in front of the Woodruff Memorial Research Building. Please wear comfortable walking shoes.

- [Register here](#)

YOUR WORKLIFE



New Parenting Education and Resources

Emory University is partnering with **Peace At Home Parenting Solutions** to help you take some of the stress out of parenting. Let us help you solve big and small parenting challenges, from age prenatal to young adult, with solutions that are proven to work and easy to use. Resources include live and recorded sessions, parenting library, monthly live Q&A, parenting groups and one:one consulting.

- [Learn more](#)

YOUR FSAP

Upcoming Faculty Staff Assistance Programs

FSAP is here to help you kick off your new year of self-care with a bang! Start your year off right with a healthy dose of self-care and stress-management.

- **The FSAP Refresh: Wednesday, Jan. 4th, 4:30-4:45 pm via Zoom.** 15-minute virtual self-care experience to support your resilience. Sessions occur on the 1st and 3rd Wednesdays from 4:30 pm - 4:45 pm. [Register in advance.](#)

NEWS AROUND CAMPUS

Get Your 2022 Tax Forms Online: Sign Up By Tuesday January 17, 2023

Don't wait for your tax forms to arrive in the mail – sign up now to receive them online! In order to receive your tax forms online, you must log on to Self-Service and consent to receive them electronically by Tuesday, January 17. If you have previously consented to receive your tax forms online, you do not need to do it again. [View instructions.](#)

Become an Event Planning Expert – Save 10%

Do you plan business or social events and wish you had more tips, tools and general expertise? The Emory Event Planning & Management Certificate equips learners to manage business or personal events of all types and sizes like a pro. Gain mastery of the aesthetics, logistical planning, tech, safety considerations, and more. The next cohort starts on **February 7, 2023**, so register now and receive a **10% discount** for Emory faculty and staff. [Register now.](#)

Emory Employee Council Newsletter December 2022

Read the December issue of the Employee Council Newsletter which includes:

- December 2022 Meeting Highlights
- Master Planning Update: David Payne, AVP, Planning and Engagement & Robin Morey, VP and Chief Planning Officer, Campus Services
- Upcoming Events, resources and more!

[Read the newsletter](#)



All of Us Research Program

The All of Us Research Program has analyzed the genes of 150,000 Americans. The results are coming in. [Read article in the USA Today.](#)

Emory University is a part of the SouthEast Enrollment Center (SEEC), one of the Health Provider Organizations (HPO) partners of the National Institutes of Health (NIH)'s All of Us Research Program. [Learn more about All of Us.](#)



EMORY

EMORY UNIVERSITY HUMAN RESOURCES

ADDITIONAL LINKS AND RESOURCES

- [Human Resources Website](#)
- [Emory Forward \(COVID-19 Info\)](#)
- [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](#)