

January 8, 2024

Award of Distinction
CALL FOR NOMINATIONS

The Award of Distinction Program is the highest award for university staff which annually recognizes approximately 10-15 university employees who have made outstanding contributions to the Emory community. The nomination period for this award is now open and nominations can be made by faculty, staff, or supervisors and require the endorsement of the nominee's supervisor.

The deadline to submit nominations is **Wednesday, February 14, 2024, at 5:00 pm.**
[Learn more about the Award of Distinction.](#)



Meet the Healthier You: Healthy Emory's 2024 Programs are Here

It's a new year so that means you can earn new [medical plan well-being incentives and/or rewards](#).

Emory has partnered with Sharecare to power Healthy Emory Connect, the well-being platform designed specifically for Emory employees. If you already have a Sharecare account, you're ready to begin earning some of your 2024 incentives or rewards. [Log into your account](#) and click on [Rewards](#) to begin. If you don't have a Sharecare account, visit [healthyemory.sharecare.com](#) and follow the steps to register.

You can take the RealAge Health Assessment, the Fidelity Financial Wellness Checkup, and complete some other incentive activities now. Throughout the year, you will also have the opportunity to join well-being campaigns like Move More and Operation Eat Right, and track your progress through Healthy Emory Connect. These programs are open to all benefits-eligible employees.



Operation Eat Right

Healthy Emory's first campaign of the year is [Operation Eat Right](#), where you'll focus on eating a well-balanced meal by eating whole foods and limiting foods and beverages high in added sugar, saturated fat, and sodium. The campaign runs from **February 5 – March 31**, and you can join starting on **January 29**.

If you are enrolled in an Emory medical plan, you can earn a **\$75 incentive**. If you're not enrolled in an Emory medical plan, you'll be entered into a raffle prize drawing. [Learn more about incentives and rewards.](#)

If you have questions, email healthyemory@emory.edu.



New Diversity and Inclusion Courses

The Diversity and Inclusion Education and Outreach (DIEO) team is offering 5 different Diversity and Inclusion courses from January through March, 2024:

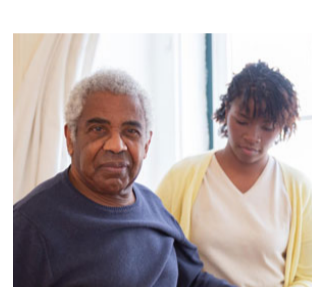
- **Intro to Diversity, Equity, and Inclusion:** Tuesday, January 23, 2024, 10:00 – 11:30 am
- **Addressing Microaggressions:** Tuesday, January 30, 2024, 2:00 – 3:30 pm
- **Intro to Diversity, Equity, and Inclusion: A Multigenerational Workplace:** Tuesday, February 23, 2:00 - 3:30 pm
- **Practicing Allyship Series: Introduction to Transgender Communities:** Thursday, March 7, 2:00 - 4:00 pm

To register, log into Brainier and search for the course title. [Learn more about each course.](#)



Learning and Organizational Development Announces General Enrollment Courses for January - June 2024

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 schedule and course descriptions.](#)

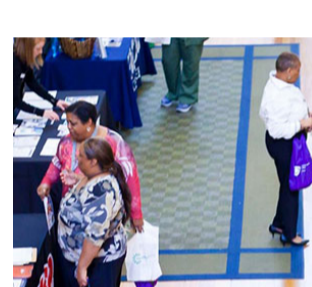


Caregiver Conversation and Virtual Meet Up

January 9, 2024 | 12:00 - 1:00 pm | Virtual

Are you caring for an older adult or disabled loved one? Join a virtual caregiver meet-up to discuss caregiving strategies, learn about the stressors involved with caring for loved ones, discover resources within Emory/local community and beyond. Meetings take place the second Tuesday of every month.

Email Mary Ellen Eady at mary.ellen.eady@emory.edu to receive a calendar invitation. If you have questions, call Mary Ellen at 404-727-4177.



January Health and Well-being Expos

Attend a Well-being Expo and get inspired to live healthier in the new year. Get support with any medical conditions with Emory's Aetna Dedicated Nurse Advocate, jump start your 2024 financial goals with Emory Alliance Credit Union, schedule your annual screenings, like your preventive exam or mammogram — and more!

Emory University Hospital, Asbury Café
 Tuesday, January 16, 7:00 am – 3:00 pm
 1364 E Clifton Rd NE
 Atlanta, GA 30322

Rollins School of Public Health, Margaret H. Rollins Room
 Thursday, January 18, 10:00 am – 2:00 pm
 1518 Clifton Rd NE
 Atlanta, GA 30322

[Learn more about Health and Well-being Expos.](#)



Start Your Year Off Right: Strategies for Setting and Achieving Your Goals

When setting personal and professional goals, it's important to have strategies in place to help you achieve them. Open Sesame, Emory's e-learning platform has a new Learning Path inspired by the best-selling book *Atomic Habits: Tiny Changes, Remarkable Results*, by James Clear.

Courses include:

- **The Atomic Habits Book Summary:** understand habits as automated behaviors, and how building a positive system of small habits can produce big life changes.
- **The Science of Personal Productivity:** explore practical, science-based ways to be more productive at home and at work, including decluttering your workspace, mastering the "Graceful No", and the power of a schedule.
- **A Guide to Great Goal Setting:** reflect on what you want to accomplish using the SMART goal-setting methodology.

To access the Learning Path:

1. [Log into Self-Service](#)
2. Select the Learning Management Tile
3. Select the Learning Management – Brainier Tile
4. Search "Atomic Habits: 2024 Strategies for Success"

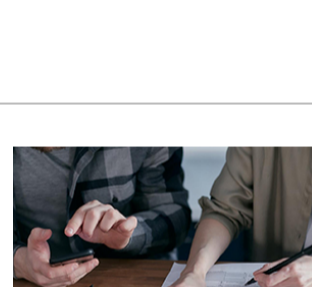


Changes to Fitbit Care Platform

As of December 2023 the discounted Fitbit storefront is no longer available for Emory employees. If you are a current participant in the Fitbit Care Program, there will be no interruption to your original one-year subscription to Fitbit Premium (subscription end dates vary per user based on the date of enrollment). Once your subscription ends, you will need to purchase your own Premium account to continue service.

Emory offers other [Employee Discounts](#) with [Emory Savings Marketplace](#), and [Aetna](#) offers discount programs.

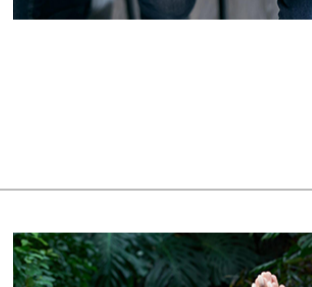
If you have any questions, email healthyemory@emory.edu.



Get your 2023 Tax Forms Online

If you would you like to get your 2023 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 Sunday, January 21, 2024**. [See 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 [Self-Service](#) by reviewing the information in the Personal Information tile.



New ERG for Employees with Disabilities Seeks Leaders

Emory is planning to launch a new [Employee Resource Group \(ERG\)](#) for Employees with Disabilities. If you are interested in leading this ERG as a co-chair, or helping to launch this group, please contact Melissa Morgan, Sr. Recognition & Engagement Manager, melissa.morgan@emory.edu.

Webinars, Workshops, and Training

Jan 9 Healthy Emory 101

7:00 - 7:30 am | Virtual

Join this presentation for an overview of Emory's well-being resources including medical plan well-being incentives you can earn, how to use Healthy Emory Connect (Sharecare), Faculty Staff Assistance Program's (FSAP) offerings, financial well-being resources, Aetna and Kaiser Permanente resources, Employee Resource Groups (ERGs), learning and career development opportunities, and more! Presentations will be held once a month.

[Register](#)

Jan 16 Webinar: Rethinking Drinking

12:00 - 12:45 pm | Virtual

Learn how to identify signs and address concerns for yourself or others related to alcohol misuse. Offered by the Faculty Staff Assistance Program (FSAP).

[Register](#)

Jan 23 Breaking the Burnout Cycle Workshop Series

12:00 - 12:30 pm | Virtual

Prevent burnout by learning strategies to reduce stress/burnout, support healthy work relationships, enhance coping related to change and transition, and fortify self-care.

[Register](#)

Jan 24 Mindfulness Meditation Practice

1:00 - 2:00 pm | Virtual

Learn strategies for staying centered and reducing your stress level. Join at 1:00 pm to learn the basics of mindfulness or at 1:15 pm for a guided practice and discussion. Virtual session facilitated by FSAP.

[Register](#)



View more upcoming programs and events on the [HR Events Calendar](#).

News from Around Campus

- Emory Transportation and Parking Services has a **revised winter break schedule** for shuttles, parking access, vehicle storage, and service counter hours. [Check out the service updates.](#)

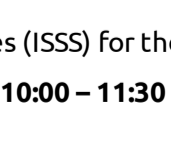
- Join the Atlanta Black Nurses Association and All of Us Emory on **Monday, January 22 from 12:00 – 1:00 pm** for an in-person lunch-and-learn event on how you could help researchers answer health questions and learn more about your own DNA. Pizza, drinks, and door prizes will be provided. [Register for the event.](#)

- Emory Continuing Education is offering special tuition offers on many learning opportunities. Sign up for a course between **January 31 and February 2** and use code **NYNY24** at checkout for 20% off. [Learn more.](#)

- The Emory School of Medicine is recruiting healthy volunteers who have not received a Flu vaccination for the 2023-2024 flu season for a study. Participants can **receive up to \$950** for completing all scheduled study visits. If you're interested, contact Jennifer Truell at jennifercartertruell@emory.edu.

- Emory employees can receive **up to 20% off** select seats and dates on Cirque du Soleil ECHO tickets through January 21, 2024. [Purchase your tickets using this redemption link.](#)

- Join Emory International Student and Scholar Services (ISSS) for the Personal Leadership: Making a World of Difference Series Part 2 workshop on **Monday, January 29, 2024 from 10:00 – 11:30 am**. [Learn more about the program dates, details, and registration.](#)



EMORY

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

[Learn more about NYCU & view previous issues](#)