



February 5, 2024

Operation Eat Right



Operation Eat Right Starts Today

Join [Operation Eat Right](#) and 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 starts today and runs through **March 31**. 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 how to join Operation Eat Right [here](#).
- If you have questions, you can attend the Operation Eat Right Information Session on February 6 at 1:00 pm. [Register for the session](#).



Award of Distinction

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 is now open and nominations can be made by faculty, staff, or supervisors and require the endorsement of the nominee's supervisor. Deadline is **Wednesday, February 14, 2024, at 5:00 pm**. [Learn more](#).



PayFlex is Becoming Inspira Financial

Emory's **Flexible Spending Account (FSA)** administrator is changing from **PayFlex** to **Inspira Financial**. If you have a current FSA, there is no action required on your part. You can still continue to use your PayFlex debit card for your qualifying medical expenses. To learn more about the transition, view the full announcement [here](#).



Activities for American Heart Month

February is American Heart Month and Healthy Emory has several programs to help you focus on your cardiovascular health this month:

Love Every Bite: A Plant-Based Menu Designed for the Heart

Join Mike Bacha, Emory University Hospital's Assistant Director of Culinary Services, and Kip Hardy, RDN, Project Manager for the Food and Nutrition Team for a cooking demonstration that will teach you how to prepare a delicious, heart-healthy meal. Offered virtually, **Wednesday, February 14, 1:00 pm**. [Register here](#).

Healthy Selfie Campaign

Take a healthy selfie during the month of February and you'll be entered in a raffle to win a \$15 Amazon gift card:

1. Visit one of the **16 blood pressure kiosks** across Emory's campus
2. **Take a selfie** while using the kiosk or with the kiosk in the background
3. Post your selfie on **Instagram** or **Facebook** and use the hashtag **#healthyselfie**

Taking Care of Your Heart Webinar

Attend this webinar to learn about heart disease, how to identify risk factors, and how to create a realistic action plan to keep your heart healthy for life. Presented by Kaiser Permanente, **Wednesday, February 21 at 1:00 pm**. [Register here](#).

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



Get Involved with Employee Resource Groups (ERGs)

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

- [Learn more about the ERGs and how to join a group](#)
- [Read about Emory's ERGs in the Emory Report](#)
- [Explore ERG spring events](#)



Information Session: ERG for Employees with Disabilities

Join this information session to learn more about a new employee resource group (ERG) for employees with disabilities. This session is open to all faculty and staff who are interested in learning more. Emory's ERGs encourage participation by those who identify with the group as well as allies. **Friday, Feb. 23, 10:00 am--11:00 am via Zoom**. [Register](#).



Preparing for Mid-Year Performance Reviews

Mid-Year Review forms will be available in Bullseye beginning Feb. 7, 2024.*

Instead of waiting an entire year to document successes, goals, and areas of development, all supervisors of staff members are encouraged to conduct a mid-year review. This offers a great checkpoint for a formal conversation to document:

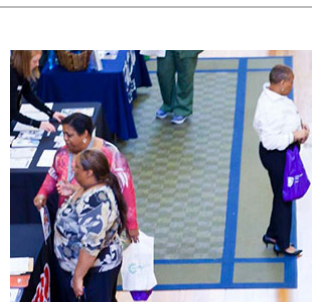
- Recognition of accomplishments so far
- Updating or setting performance goals
- Constructive feedback to work more effectively
- Potential roadblocks that might hinder optimal performance
- Exchanging ideas between the staff member and manager
- Communicating about job satisfaction and professional goals

Resources

Step-by-Step user guides and instructional videos for both managers and non-managers can be found [here](#) (log-in required).

If you have questions, email the Talent Management team at talent.management@emory.edu.

* Emory College and Oxford employees follow the academic calendar and have unique, internal deadlines.



February 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!

- **Campus Services Night Shift**, Tuesday, February 6, 10:00 pm – 12:00 am, Admin Building, 201 Dowman Drive, Training Room B; [Register](#)
- **Campus Services Day Shift**, Thursday, February 8, 1:00 – 4:00 pm, Admin Building, 201 Dowman Drive, Training Room B; [Register](#)
- **Emory University Hospital Midtown**, Thursday, February 20, 7:00 am – 3:00 pm 550 Peachtree St NE, Glenn Auditorium & Classrooms 1-3; [Register](#)

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



FSAP's February Programs

The Faculty Staff Assistance Program (FSAP) offers several upcoming programs this month.

Breaking the Burnout Cycle Leadership Series

Feb. 6, 12:00 – 12:30 pm

If you are a leader at Emory, join this 30-minute, monthly session designed to support you by offering targeted approaches to reduce burnout and stress. [Register](#).

FSAP Refresh

Feb. 7, 4:30-4:45 pm. A 15-minute virtual self-care experience that includes a message about self-care accompanied by a guided meditation or mindfulness-based activity. [Register](#).

Breaking the Burnout Cycle Workshop Series for Faculty/Staff

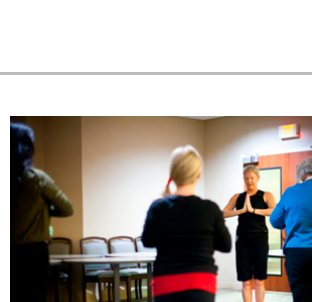
Feb. 27, 12:00 - 12:30 pm

A 30-minute sessions that will provide strategies to reduce stress/burnout, support healthy work relationships, enhance coping related to change and transition, and fortify self-care. [Register](#).

Mindfulness Meditation Practice

Feb 28, 1:00 - 2:00 pm

Learn strategies for staying centered and reducing your stress level. Join at 1:00 pm to learn the basics of mindfulness or join at 1:15pm for a guided practice and opportunities for discussion. [Register](#).



Healthy Emory Service Requests

To support and promote your efforts to live healthy, Emory offers a wide variety of programs, resources, and services. The Healthy Emory initiative was established to improve employee health and well-being in the areas of physical activity and fitness, balanced nutrition, culture, community, and stress management. [Fill out this form](#) if you'd like Healthy Emory to provide well-being services for your department or division. Here are some of the service options:

- Lunch and learn
- Active break (e.g., stretching, yoga, guided breathing)
- Cooking demonstrations
- Ergonomics assessment and/or presentation
- Stress management presentation
- Healthy Emory 101 presentation (comprehensive overview of all Healthy Emory offerings)
- Well-being Champion overview
- Medical Plan Incentives/Rewards overview
- Chair massage outreach for the department (additional cost associated)

Webinars, Workshops, and Training

Feb 7 Introduction to Diversity, Equity, and Inclusion

10:00 - 11:30 am | Virtual

Explore the value of diverse perspectives and learn about the positive impact of an inclusive work environment through this course. You'll also gain practice knowledge on how to support Emory's commitment to diversity, equity, and inclusion.

[Register](#)

Feb 7 Master the Basics of Retirement Savings

1:00 – 2:00 pm | Virtual

Join Emory Alliance Credit Union for this webinar and learn about different investment options to prepare for retirement.

[Register](#)

Feb 13 Healthy Emory 101

1:00 - 1:30 pm | 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](#)

Feb 22 Webinar: Filing Your Taxes

11:00 am - 12:00 pm | Virtual

Get your common tax questions answered! Learn about key tax forms and important financial information to keep track of to make filing your taxes easier.

[Register](#)

Feb 27 Practicing Allyship Series: Navigating a Multigenerational Workplace

2:00 pm - 3:30 pm | Virtual

Understand generational differences, eliminate stereotypes, and promote mutual understanding in this course. You'll also learn tools to bridge generation gaps, enhance communication, and create a harmonious work environment where each age group contributes meaningfully.

[Register](#)

Feb 27 Parenting Webinar: Inspire Independence and Sustain a Love of Learning

12:00 pm - 1:00 pm | Virtual

Join this live, interactive webinar and discover how you can safely promote independence in your child based on their stage of development. This session is offered by Peace at Home Parenting.

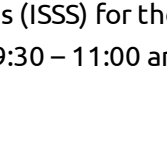
[Register](#)



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

News from Around Campus

- Emory celebrates **Black History Month** with events spanning the entire month of February. [Read more](#).
- Emory College of Arts and Science offers credit and noncredit courses taught by Emory faculty for teens and college-aged dependents. Learn more about the [Pre-College](#) and [Summer School](#) programs.
- Join the Office of Global Strategy and Initiatives' Global Safety and Security team for their **online LGBTQIA Global Travel Security Awareness training** on February 14 from 9:00 – 11:00 am. [Register for the training](#).
- Emory Continuing Education is offering the **Emory Management Certificate at a 10% discount**. Use code EAGLE12 at checkout. The certificate program begins on March 13 and lasts for 3 months. [Learn more and register](#).
- Join the Center for Ethics for an **information session on Emory's Master of Arts in Bioethics** February 20 or March 21. Emory faculty and staff may be able to get tuition covered by the Emory Courtesy Scholarship. [Register for the event](#).
- Join Emory International Student and Scholar Services (ISSS) for the **Intercultural Communication 3-part series**. The first session, Cultural Self Awareness, is on Monday, March 4 from 9:30 – 11:00 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](#)