

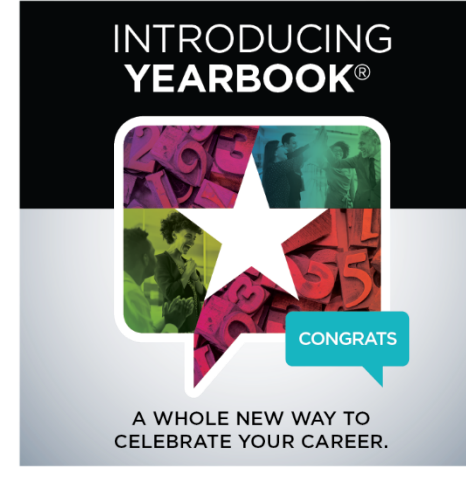


AUGUST 8, 2022

### New Service Awards Program Has Launched!

We are excited to announce that our new partnership with OC Tanner has officially begun. One of the best features of our new program is Yearbook®, a special keepsake designed to make someone's service anniversary truly memorable and unique. Yearbook reflects the year level (5, 10, 15, 20, etc.) you're celebrating.

Leaders, teammates and friends can add personal notes of congratulations and even upload team photos making your Yearbook a great keepsake. **Be sure to comment when you receive an email about your colleagues' anniversaries!**



## YOUR HUMAN RESOURCES

### Performance Management – FY2022 Forms Due by August 31

The FY22 PM forms are due on Wednesday, August 31st. Please make sure that you and your manager have met in person and completed all the form steps (i.e. Review Occurred>Acknowledged>Complete) by August 31. If you would like to learn more about the Performance Management system, help is available.

Online tools:

Step-by-Step Guides located on the Performance Management website can help you navigate the features in the system:

- Step-by-Step for Employees
- Step-by-Step for Managers

Computer Based Training (CBTs) in ELMS:

CLASS NAME	CLASS CODE
Performance Management at Emory: What Employees Should Know	200882-15920
Performance Management at Emory for Managers: What Managers Should Know	200884-15921

## YOUR BENEFITS

### Retirement Plan Transition Coming Sept. 1

As a reminder, the following changes will be effective September 1, 2022:

- Emory will have two providers of recordkeeping services, Fidelity Investments and TIAA. Vanguard will be removed as a provider.
- Fees will be reduced. Currently, fees are \$39 per year at Fidelity and \$34 per year at Vanguard. Fees will be reduced to \$22 per year for a savings of 43% and 33% respectively. Administrative fees at TIAA will remain the same at \$39 per year.
- All retirement plan participants will use the Fidelity website to enroll, view balances and make changes to contribution amounts.

Fidelity recently sent a **transition guide** about all these changes to your home address. Please lookout for it. More information can be found at: [www.myfidelitysite.com/emoryretirement](http://www.myfidelitysite.com/emoryretirement).

## YOUR LEARNING

### General Enrollment Courses

Learning and Organizational Development announces general enrollment classes which will take place through November, 2022. [View upcoming classes.](#)

### Learning Labs Course Offerings

Take time for your own professional development with Learning Labs, new courses which are designed to help you build your skills and expand your learning in a quick and cost-effective way. A new set of Learning Labs is offered through November, 2022. [View offerings.](#)

## YOUR WELLNESS



### Refresh from Stress is back!

Refresh From Stress is an annual program that offers you the opportunity to engage in simple activities to improve your resiliency and enhance your overall emotional well-being. For 2022, your Healthy Emory Team has designed four activities (three, self-guided challenges and one video) to help you with quick and easy strategies for increasing your capacity to respond to and manage your stress. The program takes place from **August 1 – September 30, 2022** and is open to all benefits-eligible employees, as well as spouses and Pre-65 retirees on an Emory medical plan. When you complete three out of the four activities listed below you will not only maximize your health, you'll also earn an \$87.50 medical plan incentive. [Learn more.](#)



### Eat Smart, Move More, Weight Less Program - Registration Opens August 15

Back by popular demand, Emory is excited to announce a second series of [Eat Smart, Move More, Weigh Less](#) that will be offered at no charge for employees. This 15-week, online weight management program is delivered in real-time by a Registered Dietitian Nutritionist (RDN). Each lesson informs, empowers, and motivates participants to live mindfully as they make choices about eating and physical activity. Classes will run from September 5, 2022 – December 12, 2022. All benefits-eligible employees will be able to join FREE, starting August 15, with the use of a special voucher code which will be available on the website. Click [HERE](#) for more information or contact Healthy Emory with questions at [healthymemory@emory.edu](mailto:healthymemory@emory.edu).

### Diabetes Prevention Program (DPP)

There is still time to join the fall cohort of the [Diabetes Prevention Program \(DPP\)](#) at Emory! The deadline for the eligibility survey is **Friday, August 12, at 5:00 pm**. If you are eligible, you will have the option to select a virtual information session to attend. This is where we'll provide more details on program structure and expectations. Contact the Healthy Emory team with any questions at [healthymemory@emory.edu](mailto:healthymemory@emory.edu) or 404-712-3775.

### Walking on Wednesdays is starting again

Join us **August 17, 2022 – September 21, 2022** for a 6-week walking series. You can participate in person or virtually to stay active. We will have unique themes to keep you engaged with your fellow Wednesday walkers. Complete the submission form each week to be entered into the weekly gift card drawing. Participate in 5 of 6 walks and you will be entered to win a new Fitbit! [Register here.](#)

In person:

- **Blomeyer Health Fitness Center Indoor Track 12:00pm** – Meet at the front desk (no membership required to walk)
- **The Tunnel (Emory University Hospital & Emory Clinic) 12:00pm** – Meet at the Emory University Hospital 1st Floor Tunnel Entrance ([Map](#))

**Virtual:** Anytime and anywhere on Wednesday. Walk independently or with a group while enjoying fun themes from Wednesday, August 17, 2022 – September 21, 2022. These walks can be completed at any time during the day or at times listed above for the in-person locations.

## YOUR FSAP

The Faculty Staff Assistance Program (FSAP) announces the following upcoming programs:

### FSAP Connect and Chat Sessions

Join FSAP for weekly "Connect & Chat" sessions to process the emotional impact of ongoing societal stressors and traumatic events with others. These sessions will provide a safe space to unpack, share and discuss healthy strategies for coping while navigating life's daily pressures. These sessions will be offered on Tuesdays at 12:00 pm via zoom. [Register.](#)

### The FSAP Refresh

Join us for a 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.](#)

### Mindfulness Meditation

Join us on the 4th Wednesday of each month at 1:00 p.m. for mindfulness meditation. Learn strategies for staying centered and reducing your stress level. Join at 1:00 pm to learn the basics of mindfulness or join at 1:15 pm for a guided practice and registration for discussion. [Register.](#)

**Well-being Check-ins.** Call to schedule your check-in today! The FSAP is offering individual well-being check-ins for staff and faculty to gauge emotional health/coping and identify strategies for enhancing resilience, especially pertaining to transition. Call 404-727-WELL (9355) to schedule.

**Single Mingle.** Connect with other single Emory employees for friendship, fun and learning. Rotating break-out rooms will provide opportunities to discuss monthly themes and support each other. Aug 25th @ 4pm. [Register here.](#)

## YOUR WORKLIFE

### Emory Worklife Offers Webinars and Groups

These workshops and programs are offered by Benefits and Worklife Department and Vendor Partners. If you have any questions about these webinars or family centered benefits at Emory, contact [worklife@emory.edu](mailto:worklife@emory.edu). All sessions will be recorded and sent out to registered employees.

### Change Your Home Not Your Address: Aging in Place

August 18, 2022, 12pm-1pm [Register Here](#)

Many people would prefer to remain in their current environment as they age, or Age in Place. Unfortunately, the physical environment plus the aging and/or disease process may be providing too many obstacles to do this safely. Home or activity modifications are an essential component to achieving the goal of aging in place. These can be simple, cost effective and can even be aesthetically pleasing. This workshop is essential for individuals concerned about planning for the care of a family member, as well as for any adult interested in being proactive about planning for his or her own future care needs. Zoom link available when you register. This session will be facilitated by Cynthia Lourie, Licensed Occupational Therapist, EnAble Home Solutions.



### Returning to Work After Parental Leave

August 23, 2022, 3:00 pm-4:00 pm; [Register Here](#)

Headed back to work after spending time at home with a new baby? Whether you're feeling anxious, stressed, guilty, excited — or all of the above — we've got strategies you can use to prepare for the logistics and mental load of it all. Facilitated by Bright Horizons.

### Managing Screen Time in the Digital World

September 22, 12:30 p.m.; [Register here.](#)

Remote school and video chats have made screen time more normal at an early age. Learn how to negotiate screen time for your child, set healthy boundaries, and navigate your increasingly digital life. Facilitated by Bright Horizons.

### Emory Parenting MeetUp

Group meets virtually the first Wednesday of every month from 12:00 pm-1:00 pm.

Parenting can be tough but often is made easier by connecting with fellow parents. If you are interested in this monthly meet up to learn more about Emory and Community resources and dealing with current parenting issues. Please [email](#) to receive invitation.

### Caregiver Conversations

Group meets the 2nd Tuesday of each month from 12pm-1pm.

Join a virtual caregiver meet-up to discuss caregiving strategies, stressors involved with caring for loved ones. This will also be an opportunity to learn about resources within Emory/local community and beyond. Group meets the 2nd Tuesday of each month from 12pm-1pm. Please [email](#) to receive invitation to group.

## NEWS AROUND CAMPUS

### What can a REAL student do for you?

The Rollins Earn and Learn (REAL) program provides partners with the opportunity to hire an experienced graduate student for a fraction of the cost. Rollins School of Public Health pays 50% of the student's salary and you pay the remaining 50%.

REAL students are exceptional employees. Contributing master's level education, analytical and research skills as well as transferable program development skills that can be utilized within various industries or organizations. From writing grant proposals to analyzing data, REAL student have skills applicable beyond public health.

BECOME A REAL PARTNER TO TRAIN, MENTOR, AND LAUNCH CAREERS!

- Contact Lisa Parker for more information at [REAL@emory.edu](mailto:REAL@emory.edu)
- Already a REAL employer? Great! Post your fall positions on RSPH Career Connection
- [Learn more](#) about Rollins Earn and Learn (REAL)

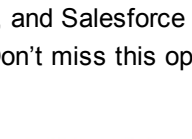
Job postings begin August 1st for fall hires and November 1st for spring hires.

### The Million Air Challenge is coming August 15-28

More cars on the road means more air pollution, a significant contributor to climate change. Together we can make a difference! Help Georgia Commute Options reach their goal of collectively removing 1M pounds of emissions by taking cleaner trips - so we can all breathe easier! Get ready to log your clean commutes in your GCO account from August 15-28, 2022 and win some cash and prizes! Challenge Grand Prizes include a \$500 gift card to Big Peach Running Company and a one-year Family Plus Gift Membership to Atlanta Botanical Garden. If you love getting rewarded, there are tons of chances to win more cool stuff so you can travel in style. Log at least 6 green trips during the two weeks of the challenge and you can enter drawings to win these other exciting prizes: Hiplock Spin wearable bike chain lock (log 6 bike trips) SkullCandy Earbuds (log 6 transit trips) ErgoFoam Adjustable Footrest (log 3 telework days) Yeti Rambler Travel Mug (log 6 carpool or vanpool trips). Help us in working toward a cleaner, healthier region! Learn more at <https://mygacommuteoptions.com>.

### Discounts for Emory staff, families and friends – Digital Skillset Certificates

Emory Continuing Education is offering a tuition discount to Emory staff and faculty—40% off its popular Digital Skillsets certificates, 15% off for their friends and family, and Speedtype is accepted. These programs certify in-demand skillsets needed by organizations including data analytics with Tableau, digital marketing, project management with Asana, and Salesforce administration. All of these programs start August 16, 2022 and are completely online, making them flexible for your schedule. Don't miss this opportunity - [register today!](#)



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](#)