

August 14, 2023



### Refresh from Stress: Registration Now Open

Improve your resiliency and enhance your overall emotional well-being during [Refresh from Stress](#), which runs September 1 - October 31! Complete **3 out of 4 activities** to receive your **\$75 medical plan incentive** or to be entered into a drawing for a **\$75 Amazon gift card**:

1. Simple Peace Challenge — Sept 1 - Sept 30
2. Watch 3 "Caregivers Meditation with Sharon Salzberg" videos — Sept 1 - Oct 31
3. Watch 3 "Building Resiliency" videos — Sept 1 - Oct 31
4. Self-Gratitude Challenge — Oct 1 - Oct 31

All benefits-eligible employees, spouses on an Emory medical plan, and pre-65 retirees on an Emory medical plan can participate.

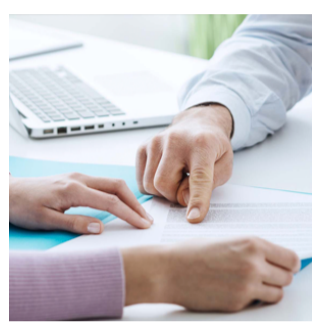
[Register for Refresh from Stress](#)


### Changes to News You Can Use

We are making some changes to our newsletter:

- New Distribution Schedule. Starting in September, we are switching to a **monthly distribution** schedule, distributing at the first of each month
- New Submission Form and Webpage. If you have items to submit to the newsletter, you can now use our [new submission form](#). Our [new webpage](#) includes details on what to submit, submission schedule, links to previous issues, and the new submission form.

Please reach out if you have any questions or concerns: [nycuhr@emory.edu](mailto:nycuhr@emory.edu).



### Performance Review Deadline is August 31

The performance management process is designed to facilitate communication between supervisors and employees regarding job performance and goals. As a reminder, the **current performance management cycle ends Thursday, August 31**. This is the final deadline to have completed all annual performance reviews. Prior to August 31:

- All staff should have submitted their self-appraisal to their manager (optional but encouraged)
- All managers should have completed their appraisals and met with their staff to discuss
- All performance management forms should be approved and finalized in Bullseye Engagement (accessed via [PeopleSoft/Self-Service](#), click [Talent Mgt](#))

Training resources can be found on the [Talent Management](#) website.



### Make Sure Your Address and Personal Information are up to date

HR will soon be mailing important information about annual benefits enrollment, so now is a good time to go into Self-Service, **look over your personal information and make any updates needed** (mailing address, emergency contacts, phone numbers, marital status, and more). Here are the steps:

- Log in to [Self-Service](#)
- Click the [Personal Information](#) tile
- Click the [Personal Details](#) tile
- Go into each menu item and update your information as needed
- Click Save



### Employee Resource Group Co-Chair Information Session

**Tuesday, August 29, 2023, 1:00 - 2:00 pm, Virtual**

Join this information session if you're **interested in serving as a co-chair** for either the Emory Black Employee Network (EBEN) or the Emory Pride Employee Network (EPEN). These ERGs are open to all Emory faculty and staff — those who identify with the groups, as well as allies.

- [Register for the session](#)
- [Learn more about Emory's Employee Resource Groups](#)



### Sleep Better! Feel Better!

[Sleep Better! Feel Better!](#) is still going! Complete any three activities from the list below by **August 31** to earn your \$75 medical plan incentive:

1. Get Enough Sleep Challenge
2. Watch the "Bedtime Yoga Moves with Dana Taft" Video
3. Complete the "Drift off to Sleep" mini program

All benefits-eligible employees, spouses on an Emory medical plan, and pre-65 retirees on an Emory medical plan can participate. [Register for Sleep Better! Feel Better!](#)



### Join a Running Group!

Healthy Emory has partnered with Blomeyer Health Fitness Center and Big Peach Running Company to establish running groups across Emory University and Healthcare Communities. Complete at least 5 group runs, join the Healthy Emory Team, and complete the Winship 5k and be entered to have your race fee reimbursed up to \$40 via an Amazon gift card. **Raffle drawings will be hosted the week of October 9**. [Register for a running group](#).



### Become a Well-being Champion!

If you are looking to get involved and motivate others, **become a Well-being Champion!** [Learn more about well-being champions](#) or email us at [HealthyEmory@emory.edu](mailto:HealthyEmory@emory.edu) with questions.



### Learning & Organizational Development Announces the Return of General Enrollment Courses

Learning and Organizational Development offers a wide range of **general enrollment courses** through November. [View the current course schedule](#).



### An Ounce of Prevention = A Pound of Cure: Mammograms

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 the Emory medical plan, it is covered 100% (no out-of-pocket cost) when you use a [Tier 1 & 2 Aetna provider](#) or a [Kaiser](#) healthcare provider.

## Webinars, Workshops, and Training

### August 23 FSAP's Mindfulness Meditation

**1:00 - 2:00 pm, Virtual**

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

[Register](#)

### August 24 Webinar: Manage Unexpected Events and Expenses

**12:00 - 1:00 pm, Virtual**

Learn how to assess spending, take control of your budget, and understand your financial options after an unforeseen event.

[Register](#)

### August 27 Invisible Corps, U.S. Public Health Service (USPHS) Documentary Viewing

**4:00 - 6:00 pm, WHSCAB Auditorium, 1440 Clifton Road**

Join Atlanta Commissioned Officers Association (ACOA) and the Emory Veterans Employee Network (EVEN) to watch Invisible Corps, U.S. Public Health Service (USPHS) Documentary, followed by a panel discussion with the film's producers.

Questions? Contact LT Cashmere Miller, [cashmere.miller@va.gov](mailto:cashmere.miller@va.gov), or Andrew West, EVEN Co-Chair, [awest2@emory.edu](mailto:awest2@emory.edu).

[RSVP](#)


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

## News from Around Campus

- The **Emory READY Campaign** is launching this fall! [Download the new Emory Safe App](#), program the Emory Police Department's [emergency number](#) into your phone, review Emory's [Just In Time guide](#), and attend a [preparedness training](#) to help strengthening campus preparedness.
- Get 10 weeks of fresh certified organic vegetables grown by students through the **Oxford College Farm Fall Community Supported-Agriculture (CSA)**. [Sign up and view dates and pickup times/locations](#).
- Emory Continuing Education is offering **15% off the Executive Presence for the Non-Executive**. [Register by August 18](#) and use code SCOOP15 at checkout to enjoy a 15% discount.
- Interested in supporting research exploring treatments and prevention for diseases that don't yet have a cure? [Participate in Emory's Healthy Aging Study](#).
- The **Rollins School of Public Health** is offering special courses for **non-degree seekers** to help you learn more about the field of public health. [Enroll for a class today](#).
- The Office of Financial Aid, Career and Professional Development in the **Pathways Center** can help you promote employment opportunities that offer Emory students financial assistance and professional and personal development. Visit the [Office of Financial Aid](#) and [Career and Professional Development](#).



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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](#)