



news you can use

Emory University Human Resources

September 3, 2024



It's time to Step it Up Emory (and join the challenge)!

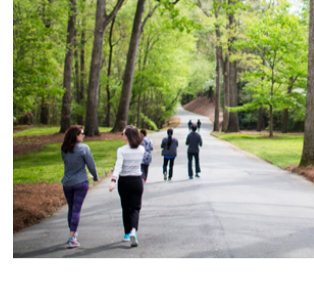
Participate in the [Step it Up Emory challenge](#) as an individual, create a team, or join an existing team, and get ready to start moving. Join the challenge starting September 3. The challenge runs from **September 9 to October 6**.

Here's how it works:

- Create your account at healthyemory.sharecare.com
- Select Achieve > Challenges > Step it Up Emory > Join Challenge
- Log 7,000 steps daily or log any physical activity in the NEW Sharecare Activity Tracker to convert activity into steps for 21 days from September 9 – October 6, 2024.
- Get ready to win! The person with the highest step count wins a Fitbit and the team with the highest average step count wins lunch and chair massages!

[Join the fun - sign up today!](#)

Learn more! Attend the Step it Up Emory Information Session to learn more about this new challenge: September 9, 2024, 1:00-2:00pm. [Register here.](#)



Healthy Emory Walking Groups

Healthy Emory is partnering with our Well-being Champion network to host weekly walking groups! These groups will kick off on September 9 and end on October 6. If you are interested in leading a walk at your site, please get in touch with [Healthy Emory](#) to get started. This list of walking groups is updated regularly as new groups are formed.

- [View current list of walking groups](#)



Maven – A New Free Emory Benefit Supporting Pregnancy, Postpartum, and Menopause

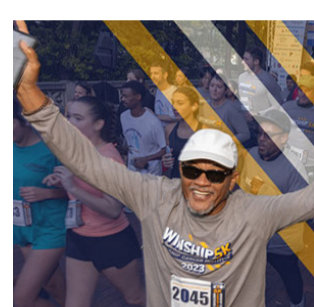
Starting Sept. 1, Emory is offering a new benefit for **Aetna Plan members** in partnership with Maven, the world's largest virtual clinic for women and families offering support for pregnancy, postpartum, and menopause.

With Maven, you and your partner can access unlimited 24/7 virtual appointments and messaging with over 35+ types of providers, a dedicated Care Advocate to help you find the right care, plus expert-vetted articles and provider-led classes. Get expert support, day or night, for:

- Navigating pregnancy and preparing to give birth by creating your birth plan
- Breastfeeding and bottle feeding
- Returning to work and finding the right childcare options for you
- Treating menopause symptoms
- Managing your mental health
- And more!

Maven is available to Emory University faculty and staff enrolled on the Aetna medical plan, as well as their spouses, partners, and dependents >18.

- Sign up for free today [here](#) or download the Maven Clinic app.
- [Download flyer.](#)



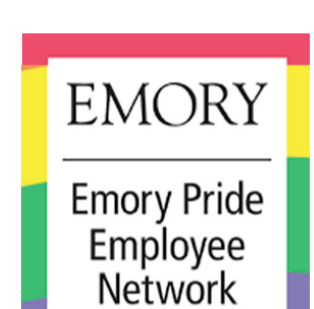
Run for Research: Join Healthy Emory at the Winship 5K

Join Healthy Emory for the Winship 5K run/walk on **September 28, 2024**, a family-friendly event held both virtually and in-person on the Emory University McDonogh Field. This event supports cancer research at the Winship Cancer Institute of Emory University, which has raised over \$9.4 million to date. Participants are encouraged to set a minimum fundraising goal of \$250 and can either create a team or join individually. Come be a part of this impactful event and help make a difference in the fight against cancer. [Register.](#)



Brainier LMS Unveils a Fresh New Look with Enhanced User Interface

Brainier, Emory's Learning Management System (LMS), is getting a new user interface which introduces a modern and intuitive experience designed to enhance usability and engagement. The functionality remains the same, but the look has changed. To assist with navigating the updated interface, a video walk-through is available [here](#).



Queer Women of Emory Lunch & Social

Sponsored by Emory Pride Employee Network (EPEN), the Queer Women of Emory event is for anyone in LGBTQIA+ identities, who feels comfortable identifying as a woman or joining this lunch and networking opportunity. Join EPEN from **11:30am to 1:30pm at Miller Ward Alumni House** for networking, conversation and lunch! [Register.](#)



Annual Benefits Enrollment Coming Next Month

Emory's annual benefits enrollment will take place **October 28 - November 11, 2024**, providing you with the opportunity to review your benefits and make any changes you need to. Keep an eye out for more information about annual enrollment being mailed to your home address next month.

Sharecare Customer Satisfaction Survey



The time has come for our Emory community to share your feedback and experiences with Sharecare, the platform behind Healthy Emory Connect. Open [Sharecare](#) and navigate to the bell icon to find the "Give us your feedback" notification. You'll be asked to rate your experience and can provide additional comments directly to the Sharecare team. All submissions will remain anonymous.



ODEI Diversity Week 2024

The Office of Diversity, Equity, and Inclusion (ODEI) will be hosting Diversity Week from **September 23-26, 2024**. This year's theme reflects our commitment to fostering a culture where diversity and excellence thrive together. Mark your calendar for these highlighted events:

The Keynote Panel: An engaging and thought-provoking panel discussion where we will explore how our daily actions contribute to building a more inclusive and excellent community at Emory. Light refreshments will be provided. **September 23, 2024, from 4:00-5:00pm; [register.](#)**

Women in Leadership Networking Luncheon, Oxford: An interactive session on wellness facilitated by Sharon Stroye, inaugural Director of Truth, Racial Healing, and Transformation initiatives. This event offers women a unique chance to connect with leaders, share experiences, and discuss strategies for advancing in leadership roles. **September 24, 2024, from 11:30-1:00pm; [register.](#)**

Diversity of Desserts: Drop by Wonderful Wednesdays in Asbury Circle to savor an exquisite selection of desserts that celebrate the rich tapestry of our community. **September 25, 2024, from 12:00-2:00pm.**

Equitable Dinner: In collaboration with Equitable Dinners Atlanta and Out of Hand Theater, the Truth, Racial Healing, and Transformation (TRHT) Initiative is hosting a dinner specifically for the Emory community with a theatrical performance and full dinner.

Stay tuned for more information from the Office of Diversity, Equity, and Inclusion coming soon.



Emory Veterans' Employee Network (EVEN) Bi-Monthly Meeting

Join EVEN for their bi-monthly meeting to connect with fellow veterans, share insights, and discuss upcoming initiatives. Don't miss guest speaker, Dr. Mitchell Tepper, Director, Producer, and Writer, as he talks about his work with wounded veterans and his mission to end the silence around sexuality and disabilities. **September 23, 2024, from 11:00am-noon; virtual; email even@emory.edu to register.**



Blomeyer's 27th Anniversary Celebration

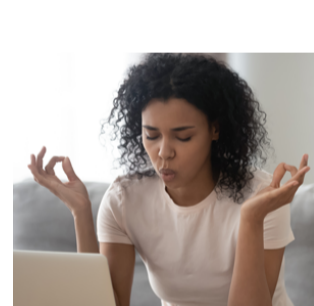
Experience a day of fitness fun, exciting raffle prizes, and more while celebrating 27 years of success! Enjoy invigorating workout sessions, group classes, and relaxing chair massages. Bring a friend and make it a memorable day for all!

Date: October 2
Where: 1525 Clifton Rd Atlanta, Ga 5th Floor



September is National Suicide Prevention Month

This month, the goal is to acknowledge the impact of suicide on individuals, families, and communities, and to raise awareness by sharing your knowledge that can help you recognize the warning signs of suicide and learn how to get help. Check out this [toolkit](#).



Find your Midweek Zen with FSAP!

Join FSAP's new [Midweek Mindfulness Meditation Series](#). Starting **September 18, join us on Wednesdays at 12:00pm** to recharge and rejuvenate. No prior experience is needed just bring yourself and an open mind. Embrace the tranquility of the present moment. First Wednesdays 12:00-1:00 and subsequent Wednesdays 12:00-12:30 pm. Learn more or register [here](#).



Healthy Emory Connect Spotlight - Quick & Fit: Learn How to Do Jump Squats

Join trainer David Buer in this quick, [2-minute tutorial](#) on correctly performing jump squats. David breaks down the key elements of proper form, including stance, movement, and landing techniques, to help you maximize your workout while minimizing the risk of injury.

Sign in to your Sharecare app or create your account at healthyemory.sharecare.com to watch or [click here](#) to learn how to get started with Healthy Emory Connect (Sharecare).



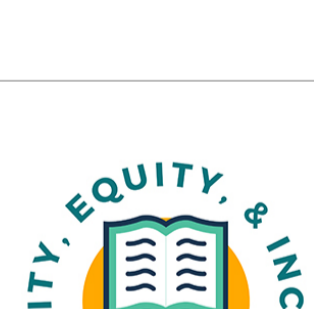
Get Ready for Back to School with Working Advantage

This September, find exclusive deals on school supplies, tech gear, and more. Check out the latest offers and help set up your child for success this school year. View [September offers](#).

Webinars, Workshops, and Training

Sept 12 Mom's Memory is Changing: Where Do I Go?

12:00 - 1:00 pm, virtual
According to the Alzheimer's Association, 6.9 million Americans aged 65 and older are living with Alzheimer's or another type of dementia. This session will cover dementia, compare Alzheimer's with other neurodegenerative diseases, and highlight Atlanta-based resources, including a unique Emory clinic that simplifies care and enhances access to experienced providers. [Register.](#)



Diversity Courses Offered in September

The Diversity and Inclusion Education and Outreach (DIEO) team is offering two different Diversity and Inclusion courses in September 2024:

1. **Addressing Microaggressions**, Wednesday, September 4, 2024, 2:00 – 3:30 pm
2. **Introduction to Diversity, Equity, and Inclusion**, Thursday, September 19, 2024, 2:00 – 3:30 pm

*If you see that a training course you would like to attend is already full, please **JOIN THE WAITLIST!** Bonus sessions are often provided for popular courses. Joining the waitlist ensures we know 1) when to offer an additional opportunity and 2) to send you an invite or update on any openings.*

You can learn more about each course by visiting the [online calendar](#).

To register, log into [PeopleSoft/Self-Service](#) and select the *Learning Management* tile, then, click on the *Learning Management-Brainier* tile and search for the course title.

News from Around Campus

• Step up and make a difference at the **Atlanta 9/11 Stair Climb**, a heartfelt event dedicated to honoring all those we lost and the brave first responders who made the ultimate sacrifice on September 11, 2001. Join the **Goizueta Business School Veterans Association** at Mercedes-Benz Stadium to unite the community in a powerful tribute that honors the fallen and supports those who continue to protect every day. September 11, 6:00 - 8:00 pm; register for the free event [here](#).

• Looking for ways to get to and around campus? Want to explore Atlanta without a car? Visit the Annual **Sustainable Transportation Fair**, hosted by Emory Transportation and Parking Services, Emory Office of Sustainability Initiatives, and the Clifton Corridor Transportation Management Association. This event features 30+ organizations showcasing public transit, EVs, bikes, carpools, and more! September 17, 11:00 am-2:00 pm at McDonough Plaza; learn more [here](#).

• Emory's Office of Sustainability offers funding opportunities through the **Office of Sustainability Incentive Fund** to empower the Emory community to implement new ideas and research that support innovation, knowledge-gathering, and positive behavior changes on campus. Learn more about the fund [here](#) and apply before the deadline on September 20.



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](#)

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