

# EAGLE WELLNESS FALL 2019

SAVE THE DATE!

Benefits and Wellness Fair

October 1, 2019

10:00 am- 2:00 pm

Richardson Ballroom

READY TO ROCK ENROLL?



- Come meet vendors and enjoy refreshments.
- Insurance carrier representatives are available to answer questions.
- Winthrop Benefits staff will be available to assist you regarding any benefits questions you may have.

## Open Enrollment Informational Sessions

**October 10, 2019,**  
11:00 a.m.—12:00 p.m.

**October 22, 2019,**  
11:00 a.m.—12:00 p.m.

Location: Tillman Hall, Room 308  
Register to attend on the [TLC Calendar](#).

If it's fall in South Carolina, it's open enrollment time. And, PEBA has your ticket to selecting your insurance benefits for 2020. Start thinking now about what changes you might want to make to your insurance coverage. Stay tuned, too, for additional information regarding this year's enrollment in the daily digest.

## Open enrollment is October 1 through October 31, 2019.

If your current coverage playlist is the perfect mix, you don't need to do anything. Your coverage will continue in 2020. Keep in mind, though, you must re-enroll in MoneyPlus flexible spending accounts each year. You can re-enroll in MoneyPlus and make any other eligible changes online using [MyBenefits](#). If you're unsure what insurance coverage you currently have, just log in to MyBenefits to find out. While you're logged in, take a few minutes to review your life insurance beneficiaries and make any updates.

The Benefits Administrators will have a limited number of appointments available for discussion about open enrollment, so employees are encouraged to attend one of the open enrollment informational sessions (see details to the left) and make open enrollment changes online using [MyBenefits](#).

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For any questions, or to schedule an appointment email [hrhelp@winthrop.edu](mailto:hrhelp@winthrop.edu) or call 803-323-2273.

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## PREVENTATIVE WELLNESS SCREENINGS

Screening Date	Registration Deadline	Location	Registration Code
October 1, 2019 (7 a.m.-11 a.m.)	September 27, 2019	Richardson Ballroom	154514
October 17, 2019 (7 a.m.-11 a.m.)	October 15, 2019	McBryde Hall	304714

Members of the State Health Plan have the opportunity to take advantage of a FREE basic health screening here on campus **October 1, 2019** or **October 17, 2019!** The free benefit is available to employees, retirees, and their covered spouses whose primary health insurance is the state health plan.

\*If the state health plan is not your primary health insurance, you may still register for the basic health screening. A charge of \$47.00 can be paid directly to Mackey Family Practice and no claim will be filed on your insurance.

### **Registration Instructions:**

Register and schedule your appointment for the basic screening **or** the basic screening with additional tests at [Mackey Family Practice](#).

Payment for the additional screening options can be made directly when you register –or- Cash/Check/Credit Cards will be accepted at the screening location (checks should be payable to Mackey Family Practice)

The **Basic Screening Panel includes:** Complete Chemistry Panel (Electrolytes & Liver Function), Lipid Profile (Cholesterol), and a Complete Blood Cell Count (Tests for anemia).

**For questions or concerns regarding the on-line process or reporting,** contact Heather Adams or Susan Berry at [occmed@mackeyfamilypractice.com](mailto:occmed@mackeyfamilypractice.com).

**For general questions,** contact Brittany Cromedy in Human Resources at [cromedyb@winthrop.edu](mailto:cromedyb@winthrop.edu).

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## MOBILE MAMMOGRAM MEMO

You will experience quality, compassionate care, expertise and a comfortable atmosphere, including digital mammography and female technologists certified in breast imaging.

Winthrop University is excited to offer on-site, 3D mammograms through Charlotte Radiology!

Date:      **October 24<sup>th</sup>, 2019**

Location: **Margaret Nance Parking Lot**

Hours:     **7:30am-3:30pm**

**Call 704-831-4242 to Schedule your appointment today!**

## RETIREMENT

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### **Pre-Retirement Seminar**

**November 1, 2019**

**Plowden Auditorium**

**8:30 am- 4:00 pm**

This one day seminar provides an overview of the benefits you can expect to receive from your PEBA-administered retirement plan and goes over a few things you need to consider as you approach retirement eligibility. Presenters from PEBA, the S.C. Deferred Compensation Program, and the Social Security Administration will be on hand to provide you with the information needed to successfully navigate the retirement process. We encourage employees who are within five years of retirement to [register here](#).

### **Optional Retirement Program One on One Meetings available**

- **VALIC Optional Retirement Program**

Representative, Kevin Rossdeutscher, will host one-on-one meetings

**September 16<sup>th</sup> and 23<sup>rd</sup> 9am-5pm**

[Schedule your appointment today!](#)

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- **TIAA Optional Retirement Program**

Representative, Gary Craddock, will host one-on-one meetings

**October 2<sup>nd</sup> and 3<sup>rd</sup>**

[Schedule your appointment today!](#)

## PERSONAL WELLNESS RESOURCES AVAILABLE TO YOU DAILY

Faculty and staff are highly encouraged to utilize these free and confidential services.

### 1 EAP:

- **Assessment and Counseling:** Help is available 24/7/365 through our toll-free number. When employees and family members call the EAP, they are offered a face-to face counseling session in which a thorough assessment can be conducted by a licensed, experienced clinician in their area. Reasons to use the EAP include: marital difficulties, parenting, stress, depression, work-related concerns, alcohol and drug use/abuse, grief and loss, or preventative self-care.
- Your EAP offer a variety of [Financial and Legal](#) services free of charge or at a discounted rate.
- **Online Content:**
  - 7 content division: Parenting, Aging, Balancing, Wellness, Living, Working and International.
  - Monthly online seminars and eLearning courses with certificates of completion.
  - Over 100 streaming audio files and 100 video files covering a range of health topics.
- **Access Your EAP & Work- Life Services:**
  1. Call 800.633.3353 or
  2. visit [mygroup.com](http://mygroup.com) → click on My Portal Login → Work-Life  
Username: winthrop303 and Password: guest

### 2. TAO

Did you know that as a faculty or staff member at Winthrop, you have the option of finding your way to wellness completely on your own time – from the comfort of your own home? Winthrop offers a free, anonymous service to students, faculty, and staff called TAO Connect, an app and online program that can help you feel happier, healthier and more productive when you're going through tough times.

- **Online Content:**

Each pathway in TAO consists of 6-7 engaging educational modules, including interactive activities to help you learn strategies and skills, on topics such as depression, anxiety, and relationships. Typically, a program can be completed within 6 to 9 weeks when committing about 15 minutes a day. Additionally, if focused problems unexpectedly surface, such as anxiety and stress, you can always access individual modules to reinforce what you have learned.
- **Access To TAO Services:**
  1. Go to the [TAO WEBSITE](http://thepath.taoconnect.org) to set up an account. ([HTTP://THEPATH.TAOCONNECT.ORG](http://thepath.taoconnect.org))
  2. Fill out your general information (using your Winthrop e-mail) and submit it. You'll be sent an email with a temporary password momentarily.
  3. Click the link in the email to login and change your password in order to set up your account.
  4. You're ready to go!

## *A Little Stressed?*

### **Causes**

We've all had stress- brief or persistent, situational like being in a traffic or complex like too much work and too little time. Financial and legal concerns are often a source of stress.

### **Reactions**

Short and long term effects include abdominal pain, acne, increased heart rate and anger.

### **What you can do**

- Monitor your moods-when faced with stress, write down what caused it and your thoughts
- Make time for yourself 2 to 3 times a week. Turn off the phone, meditate, and take 10 minutes a day personal time.
- Walk away when angry- before reacting, count to 10, walk and readdress the situation
- Analyze your schedule- Assess priorities and learn to delegate or eliminate unnecessary tasks

### **What your EAP can do**

- Your EAP can help you create a game plan to anticipate and manage your stress.
- They will work with you to determine the triggers of your stress.
- EAPs help you develop coping strategies when faced with stress and stressful situations.
- Your EAP will help you create a blue print for conflict resolution.
- For more information, contact McLaughlin Young EAP at 800.633.3353 or 704.529.1428

Be sure to routinely check the [HR Wellness](#) website for the most up-to-date event information. If you have questions concerning any of the content in this issue, please contact Brittany Cromedy, Benefits and Wellness Program Manager: [Hrwellness@winthrop.edu](mailto:Hrwellness@winthrop.edu) or 323-2273.