

STAYING IN BALANCE

Balance: Employee Wellness Program Newsletter



Photo by Vural Yavas from Pexels

MAY: OPEN ENROLLMENT AT AGNES SCOTT

What is open enrollment?

The yearly period when benefits-eligible employees of the college can enroll or change their benefits coverage. After the open enrollment period ends, employees can only make changes when certain life events occur. Open enrollment at ASC is May 8th - June 4th.

What changes is the college making this year?

This year the college is changing health insurance from Anthem BCBS of Georgia to Cigna. While we will have a new insurance company, the plan design remains virtually the same - \$500 individual deductible and out-of-pocket maximum/\$1500 family deductible and out-of-pocket maximum, with \$25 co-pay for primary care and \$50 co-pay for specialist, as well as an even lower co-pay structure when you use a Cigna Designated Care Network provider. We're also changing carriers for our Life Insurance and Long-Term Disability plans. Our current carrier is Reliance Standard and our new provider is Unum.

Have questions or want more information?

There will be two Open Enrollment meetings on May 2nd at 11 a.m. and 2 p.m. in Hopkins Hall, Room 212.

EVENT HIGHLIGHT

This year our annual employee health fair will be held in conjunction with community day. Several of our benefit vendors will be there so make sure to stop by their booths. Stop by between 11:30 am - 2:30 pm.

UPCOMING EVENTS

May 2nd: Open enrollment info sessions; 11 am and 2 pm; Hopkins Hall, Human Resources
May 15th: ASC Community Day & Employee Health Fair; Letitia Pate Evans Dining Hall
May 27th: Memorial Day; ASC Closed

CPR/AED CERTIFICATION

Dr. Carolyn Cornelison (Recreation & Intramurals) and Balance: the Employee Wellness Program are excited to announce that we will be offering 3 CPR/AED sessions free of cost to faculty and staff. **Sign up here.**

WELLNESS CHAMPION SPOTLIGHT

Name: Endalech (Ann) Yemer
Position: Custodian, Custodial Services
Years of Service: 5 years

1. What wellness habit are you working on?

"Right now I am trying to reduce my sugar intake and have given up on drinking coffee every morning. I am trying to add more seasonal fruits and vegetables to my diet and want to reduce my meat consumption as well."

2. How do you make wellness a priority in your life?

"I recently earned a FitBit from participating in the wellness portal, WellRight, this was great because I am always trying to walk places and now I can know what my step count for the day is. I try to stay as active as I can during the day and even if I am tired when I get home I try to walk around."



WELLRIGHT CORNER

It's not too late to get started on earning your points!

Login into your WellRight account and log all of your health and wellness activities.

Have any habits you're trying to break or want to start new ones? Choose one of the many challenges on WellRight to give you a head start!

