



Human Resources Connection



January 2011

Human Resources Department | Wickes 373 | <http://www.svsu.edu/hr> | hr@svsu.edu | 989.964.4108

TIAA-CREF PERSONAL FINANCIAL COUNSELING SESSIONS

Schedule an appointment today with a TIAA-CREF consultant to discuss your personal financial situation on a confidential basis.

TIAA-CREF will be available to discuss your financial goals with products, such as mutual funds and annuities, or other financial matters you have.

Date(s) Time(s) Location(s)

- Tues, Feb 22, 2011
8:00 a.m. - 5:00 p.m.
(Curtiss Hall, Room G6)
- Wed, Feb 23, 2011
8:00 a.m. - 5:00 p.m.
(Curtiss Hall, Room G6)
- Tues, Mar 22, 2011
8:00 a.m. - 5:00 p.m.
(Curtiss Hall, Room G6)
- Wed, Mar 23, 2011
8:00 a.m. - 5:00 p.m.
(Curtiss Hall, Room G6)
- Tues, April 26, 2011
8:00 a.m. - 5:00 p.m.
(Curtiss Hall, Room G6)
- Wed, April 27, 2011
8:00 a.m. - 5:00 p.m.
(Curtiss Hall, Room G6)

To schedule a counseling session, copy and paste the following link into your web browser www.tiaa-cref.org/moc or call **Linda Baker** at **(800) 842-2044**, ext. 1412.



Healthy U 2011 Weight Loss Competition Kick-Off

Is your New Year's resolution to lose weight?

The Healthy U 2011 Weight Loss Challenge will begin Thursday, January 20, 2011 and run through April 14, 2011. The team challenge is a two-person team. Teams will be required to **weigh-in on January 20, 2011.** The Weigh-In will be held in the Human Performance Lab in the Health and Human Services Building, Room 109. There will be two time slots available : 8:00 a.m. to 10:30 a.m. and 2:00 p.m. to 4:30 p.m. No appointment is necessary. However, you **must register your team prior to weigh in.**

All Weight Loss Challenge participants will be assigned a **FREE** personal trainer on a first come first serve basis. To **register your team and to reserve a personal trainer**, please go to <http://www.svsu.edu/healthyu> and scroll to the bottom of the page.

Prizes will be awarded to the **top 3 teams** for the largest percentage of weight loss per team. Prizes will be awarded as follows:

First Place Team: \$500.00 per person
Second Place Team: \$250.00 per person
Third Place Team: \$100.00 per person

Need more motivation? Join HealthPlus and a real **Biggest Loser**, Pete Thomas, to kick off this year's HealthyU Weight Loss Challenge Competition. Learn Pete's tried and true tips from his 180 pound weight loss and how he keeps it off! Pete is the At Home Winner from season 2 of NBC's **Biggest Loser** and has joined HealthPlus to spread his message!

Tuesday, January 25th, 2011 from 12 noon to 1:00 p.m.
Rhea Miller Recital Hall.

All Faculty, Staff, and Students are Invited!

Coming Soon: The Wellness Fair

Scheduled for Tuesday, March 22nd from 10:00 a.m. until 3:00 p.m. in the Cardinal Gym.



MARK YOUR CALENDAR:
The All-University Awards Banquet 2011
April 15th in Curtiss Hall

BLUE CROSS/BLUE SHIELD MEMBERS

Blue Cross/Blue Shield Members have access to claims, benefits, personal health information and Identification Card Request Member *Secured Service* www.bcbsm.com. Members sign in with a username and password set by the user. If you have questions regarding coverage and claims, contact the **Customer Services Center at 1-800-258-8000**.

HEALTHPLUS MEMBERS

The HealthPlus website allows member's access to claims, benefits and personal health information at <http://www.healthplus.org/home.html>. Members can also contact **HealthPlus Customer Service at 1-800-332-9151** for assistance and to order additional identification cards.

MESSA MEMBERS

The MESSA website allows members to search for providers, order additional identification cards and receive benefits tips at <https://www.messa.org/MESSA/Public/messahome.aspx>. Members can also contact **MESSA Customer Service at 1-800-336-0013** for assistance.

Free Antibiotics at Meijer Stores access their website at <https://www.meijer.com/pharmacy> for details.

Wal-Mart and Sam's Club: \$4.00 prescription drug program. For details access their website: <http://walmartstores.com/Search/?q=%244+Prescription%20Drugs&t=a&p=1&s=r&fd=a&fa=p>

Lunch & Learn Workshops

Workshops are on Tuesdays from Noon to 1 p.m.

January 25th: NBC's Biggest Loser—Pete Thomas

February 22nd: Focus on Fitness

March 29th: Lighten Up!

April 19th: Let's Make a Meal

Additional "Lunch and Learns" and healthy workshops will be announced throughout the year.

2010 Annual Physical Examination Certificates are due to HR by February 4, 2011.

FREE FITNESS ASSESSMENTS

Fitness Assessments are an ongoing part of the Healthy U Wellness Program. This program provides you with three opportunities per year to participate in a fitness assessment. You are encouraged to continually participate in all assessments so you may track your fitness progress throughout the year. Scheduled for February 18—28, April 1—11, and October 20—27, 2011. The assessment is quick, easy and confidential. You can come in work clothes for the 45 minute test that includes body composition (weight and measurements behind a curtain), flexibility, muscular endurance and muscle strength.