“Life is like riding a bicycle, to keep your balance, you must keep moving.”

- Albert Einstein

Working towards a year of wellness
Benefit Services launches Wellness Initiative

Do you want more opportunities to be well in 2016? Benefit Services recently launched a new wellness initiative, called Wellness 365. We will be highlighting various health and wellness issues every quarter in 2016, which will include challenges, activities, and information to help employees live better and be well this year.

Challenges will give employees and departments the chance to show off how healthy and well they can be. Employees can submit healthy selfies for a chance to win prizes, and the Blue Cross of Idaho health coach will be on campus several times this year to aid in wellness endeavors.

Wellness 365 will allow you to be more engaged in wellness, while also having fun.

Quarter 1 included a visit from the Blue Cross of Idaho Health Coach, a call for healthy selfies for Heart Health Month, and Wellness Bingo, which included participation from over 70 employees.

Check out our Wellness 365 site which will highlight what to expect for the quarter, including a wellness calendar, challenges, and other events.

If you are an employee or a department that would like to partner with Benefit Services for the Wellness 365 initiative or you have a suggestion, email Benefits. We would love to hear from you!

WELLNESS 365: QUARTER 2

Challenge: Blue Cross of Idaho is sponsoring the Zero to 5K Challenge which will help you prepare to run a 5K. To sign up, log in to the Blue Cross portal and click on the WellConnected logo.

Awareness: Check out the Wellness 365 calendar on the Wellness 365 site to see what is going on in the world of health and wellness awareness in April, May and June.

Healthy Selfies: Earth Day is April 22. Are you doing anything to keep the earth healthy? Also, May is National Physical Fitness and Sports Month. We want to see what sports employees are participating in, and what they are doing to stay fit! Send a picture to Benefits to be entered to win a prize!

Health Coach: Chelsea Stone from Blue Cross of Idaho will be in Moscow on Wednesday, April 20 offering individual health coaching sessions on campus. Log in to the Blue Cross portal and click on the WellConnected logo to reserve a spot.

*Off-site units can email Benefits to set up sessions in their locations.
Getting enough sleep: It is something to snooze about

It is easy to overlook sleep when considering one’s overall health and well-being, but sleep is a crucial part of the whole wellness picture. Several studies are showing that adults are not getting enough sleep. While experts recommend 7-8 hours per night for adults, nearly one third of adults in one National Health Interview Survey reported getting six hours or less per night on average (Schoenborn, & Adams, 2010). In addition, those not getting adequate sleep have an increased likelihood to suffer “from chronic diseases such as hypertension, diabetes, depression, and obesity, as well as from cancer, increased mortality, and reduced quality of life and productivity” according to one report by the Institute of Medicine (2006). In light of these facts, it’s no surprise the Center for Disease Control now regards insufficient sleep a public health problem (CDC, 2015).

To help improve your sleeping habits, check out this tip sheet from the National Sleep Foundation.

Sources:


TERM TO KNOW:

COPAYMENT

A copayment is a fixed amount paid for an office visit charge and only applies on the Standard PPO plan. There is no copayment for labs, imaging or surgical procedures, but those expenses go toward the deductible if they are covered services.

If one is unsure whether a specific service is covered or if it will apply to their deductible, it is a good idea to call the Blue Cross of Idaho customer service at 866-685-2258.

Form 1095 update:

Form 1095-C was mailed out to all eligible employees on March 27. This form serves as proof that you were either enrolled in university-provided medical coverage in 2015, or that you were considered an employee who was eligible for university-provided medical coverage at any point during 2015. This form should be kept with your tax records. If you have questions about the form, or have yet to receive it, please email Benefits or call (208) 885-3080.
Employee Resources

Employee Discount and Savings Opportunities

Did you know that you have access to a wealth of discounts, just for being a University of Idaho employee? From cars to car seats, you have access to hundreds of savings opportunities through several vendors.

- **Blue Cross of Idaho Blue Extras! Program**

  Blue Cross provides discounts to on a variety of services including massages, hearing aids, orthodontia and more. Visit members.bcidaaho.com and click on Discount Programs to learn more.

- **Corporate Perks Discount Program**

  The Employee Assistance Program provides money-saving opportunities through its Corporate Perks program. You can save on computers, cars, restaurants, fitness clubs, and a variety of other services and goods simply by signing up. They even have a rewards program that can help you save even more. Visit www.apshelplink.com, enter our code: UI1, and click on the Savings Center.

- **Tickets at Work**

  The University of Idaho recently partnered with Tickets at Work, a benefits program that provides entertainment discounts on tickets to theme parks, attractions and shows nationwide.

  Check out the Employee Discounts page on the Benefits website for more information.

Benefits FAQ Now Available

Benefit Services recently developed a set of some frequently asked questions based on results from a survey conducted in 2015. These FAQs should serve as a helpful resource and provide a general overview of the benefit plans, retirement, and additional resources and lesser-known benefits. Visit the Core Benefits page Benefits website to access the FAQs under Core Benefit Resources.

Campus Recreation Passes

Maintain or improve your fitness at the Student Recreation Center (SRC)! From group fitness classes to personal trainers to cardio equipment, we offer a variety of ways to get fit and have fun.

**Campus Recreation Pass Options**

Faculty/Staff: Full-time, board-appointed can purchase:

- SRC Passes (SRC only access)
- Wellness Passes (unlimited Wellness Classes only)
- Combo Pass (SRC access and unlimited Wellness Classes)

**Payment Rates**

Payroll deduct per pay period

- $6.50 – Unlimited Wellness only
- $13.00 – SRC access only
- $18 – Combo (Wellness and SRC)

**Spouse**

Passes are also available for spouses of UI employees and will be payroll-deducted at the same affordable price.

**Sign up**

To sign up, simply visit the Campus Recreation Office with your Vandal card between the hours of 8:00 am to 6:00 pm. If you wish to sign up your spouse, they must be present with valid Vandal card as well.

For more information, call (208) 885-6381 or visit the Campus Recreation website.