

**Subject:** Instant HR/Payroll: It's Telework Week, Spring into Well-Being and Benefits Fair

**Date:** Tuesday, March 8, 2016 at 9:24:44 AM Eastern Standard Time

**From:** Wendi C Carroll (sent by HR/Payroll Department Contacts <DEPARTMENT-CONTACTS-L@listserv.gmu.edu>)

**To:** DEPARTMENT-CONTACTS-L@listserv.gmu.edu

**Underway: Spring Telework Week at Mason, March 7-11**

Have you ever contemplated teleworking? Now's the time to try it out! From March 7-11, Mason will be celebrating its own Telework Week over the university's Spring Break. An abbreviated, 1 page agreement is available on <http://hr.gmu.edu/> and on the flexible work website at <http://flexwork.gmu.edu>.

*Please note that those who participate in Telework Week are doing so under the Flexible Work Policy, #2202 (<http://universitypolicy.gmu.edu/policies/flexible-work/>). Signing the abbreviated agreement binds the employee/supervisor to the terms and conditions of the complete telework agreement.*

**New!** The Virginia Department of Rail and Public Transportation's *Telework VA!* Office is sponsoring Virginia Telework Week 2016 the same week we are. If you participate in Mason's Telework Week, please be sure to head out to their site and take the [online pledge](#). We've signed up; have you?

**Save the Dates: Spring into Well-Being**

In just a couple of weeks it will be SPRING! For the third year, Mason will be celebrating "Spring into Well-Being". The celebration kicks off on Wednesday, April 6 with "Six Days/Six Domains of Well-Being" and runs through Wednesday, April 13. Curious? We've included a couple of opportunities below. Please visit <http://wellbeing.gmu.edu/our-programs/spring-into-well-being/schedule-of-events-spring-into-well-being-2016> for a complete listing of events. Check back as events are still being added.

Spring into Well-Being and Mason's Well-Being University initiative are dedicated to helping faculty, staff, students, and alumni build lives of vitality, purpose, resilience, and engagement. To learn more, visit <http://wbu.gmu.edu>

*For Example: Spring into Well-Being Opportunities include:*

**April 13: Benefits/Discount Fair – Talk to TIAA-CREF, Fidelity Investments, ICMA-RC, VRS, Anthem, Aetna, Kaiser and More!**

Stop by George's in the Johnson Center on Wednesday, April 13, anytime between 9:00am and 3:00pm to chat with some of Mason's financial vendors including TIAA-CREF, Fidelity Investments, ICMA-RC, Virginia Retirement System, Virginia 529 (invited) and Apple Federal Credit Union. Mason's health vendors will also be in attendance including Anthem (COVA Care), Kaiser Permanente, Aetna (COVA HealthAware), MyActiveHealth (invited) and CommonHealth. We'll also have information on the Life/Work Connection discount page and will feature a few of our discount providers (e.g. Potomac Arts Academy and more). It's a great opportunity to enhance your financial and health-related knowledge with all of these key resources under one roof! Don't miss it!

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*Please note that I am in the office 8:30 a.m.-2:30 p.m. Monday-Friday.*

*Live a more flexible life today at [flexwork.gmu.edu](http://flexwork.gmu.edu).*

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