

Subject: Instant HR/Payroll: Flu Shot Options, HR Liaison Meeting this Month, Apple Crunch-A-Palooza and More!

Date: Thursday, October 6, 2016 at 9:06:46 AM Eastern Daylight Time

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Winter Wellness Days Flu Shot Clinics for Faculty, Staff, and Students

Winter will be here in no time. Be prepared. Help keep your family and community healthy this winter and get your flu shot during Winter Wellness Days. Flu shot clinics will be held at SciTech (today, October 6th from 2:30-5pm), Fairfax (October 13th from 9-2pm) and Arlington (October 20th from 2:30-5pm).

For faculty and staff who are enrolled in COVA Care, COVA HDHP, COVA Health Aware, and Kaiser Permanente, flu shots are part of your wellness benefit. Don't have coverage through the university? Student Health Services will be at the clinics offering flu shots for \$25 (staff and faculty) and \$20 (students). For important details and to register, please visit <http://hr.gmu.edu>.

Please note:

- Kaiser Permanente will only be on the Fairfax campus this year. Kaiser members can obtain a flu shot off-site. Please see the [2016 Flu Shot Information](#) and scroll to #4 for off-campus options.
- There is a little gremlin in the online SUPERVALU website (the flu shot vendor for faculty/staff who have COVA Care, COVA HDHP, and COVA HealthAware). If you are asked for a password and you don't have one, please email svupharmacyclinicalp@supervalu.com and include in the email the date of the clinic you want, your preferred time, your name, email, and phone number. A representative from SUPERVALU will get back to you promptly to arrange an appointment.

HR Liaison Meeting

Save the date for the next HR liaison meeting scheduled for Thursday, October 27 from 1:30-3:30pm in Merten 1201 and videoconferenced to Arlington, SciTech, and Front Royal. To register, please visit <http://hr.gmu.edu/learning/hr.php>.

Apple Crunch-A-Palooza

Join [Apple Crunch-A-Palooza](#) and bite into a Virginia grown apple today, Thursday, October 6 (or anytime this week) in support of Virginia Farm to School Week and National Farm to School Month. Help raise awareness of healthy eating and celebrate Virginia agriculture.



Did You Know?

When we hear about cool things at Mason, we like to pass them along! Did you know ...

- October is National Work and Family Month? See the [NWFM flyer](#) for resources at Mason to help you integrate your work life and your home life.
- Mason is in competition with other universities around the nation through October 15 on how much time we spend outdoors. Want to help? Visit <http://www.oncampuschallenge.org>.
- Mason Madness is Friday, October 14 at 8:00pm (doors open at 7:30pm) at EagleBank Arena. Details at GoMason.com.