

**Subject:** Instant HR/Payroll: Holiday Calendar, MBPs are Available, Flu Shot Clinics, Flexible Spending Deadline Approaching, Some Reminders and More!

**Date:** Friday, September 15, 2017 at 4:07:51 PM Eastern Daylight Time

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### **Holiday Calendar**

As a follow up to the exciting holiday announcements at the Town Hall on September 12 as well as the September 14 article in [The George](#), the new holiday schedule is available at [http://hr.gmu.edu/benefits/leave/holiday\\_schedule.php](http://hr.gmu.edu/benefits/leave/holiday_schedule.php)

### **Member Benefit Profiles Available**

Annual Member Benefit Profiles (MBP) for faculty and staff who are enrolled in Plan 1 and Plan 2 of the Virginia Retirement System (VRS) are now available by logging into your account at <http://myvrs.varetire.org>. MBP's provide information about your retirement and other benefits you have as a member of VRS.

MBPs are currently not available for Hybrid Retirement Plan members. However, Hybrid members can review account information online in myVRS. A refreshed Retirement Estimator now integrates your defined benefit and defined contribution accounts.

Questions? Please email [benefits@gmu.edu](mailto:benefits@gmu.edu) or call 703-993-2600 and ask for the Benefits Team.

### **Save the Dates: Winter Wellness Days Flu Shot Clinics**

For faculty and staff who are enrolled in COVA Care, COVA HDHP, COVA Health Aware, and Kaiser Permanente, seasonal flu shots are part of your wellness benefit. This year, flu shot clinics will be held in:

- Fairfax on October 12 and October 26
- SciTech on October 17
- Arlington on October 19

Please alert your faculty and staff that this year, each clinic is drop-in only; there won't be any appointments. Please keep in mind that clinics are usually the busiest during the first hour. For times and important details, please visit <http://hr.gmu.edu>.

### **Flexible Spending Account Filing Deadline is Approaching**

Please remind your faculty and staff that if they have a dependent care or medical flexible spending account, the last day to file a reimbursement claim for expenses for the 2016-2017 plan year is September 30, 2017. Eligible expenses had to be incurred during the plan year which ran from July 1, 2016 to June 30, 2017. Questions? Please email the Benefits Team at [benefits@gmu.edu](mailto:benefits@gmu.edu).

### **Keep Your Eyes Peeled: Classified Staff Hiring Survey**

Keep your eyes peeled in September for our Classified Staff Hiring Survey. Your input is invaluable to us as we evaluate the hiring process and consider future adjustments to streamline the process. You will also have an opportunity to participate in a focus group to dig deeper into the process and discuss challenges and opportunities.

Thank you for your continued support.

### **Healthy Campus Week Coming Soon!**

Mason is celebrating Healthy Campus Week September 25 - October 1. It's a great opportunity to team up

on healthy options across campus! For a sample of choices, including “Think About It” a session on brain health from CommonHealth, Mindfulness Practices for the Mason Community, a Passport Fair, the annual Happy Heart Walk, and much more, please visit <http://wellnessbymason.gmu.edu>. Because healthy choices aren’t confined to just one week, we’ve also included some opportunities that are happening before and after Healthy Campus Week.

Healthy Campus Week is part of Mason’s participation with the Partnership for America’s Healthier Campus Initiative, <https://www.ahealthieramerica.org/>.

***Spotlight on Healthy Campus Week: Move to Improve Challenge***

Put on your competitive hat! Mason is competing with other colleges and universities around the country in the Move to Improve Challenge. The Partnership for a Healthier America (PHA), Charity Miles and Meredith Publishing Company launched the Move to Improve Challenge with a goal of achieving 20.17 million miles of movement in 2017! Charity Miles raises support for PHA’s mission for every mile logged.

This Challenge is free for Mason and is underway right now through the end of 2017.

The school with the most miles logged during Healthy Campus Week (September 25-October 1) will be recognized across PHA’s channels! Help Mason help others. For details on how to join, please visit <http://wellnessbymason.gmu.edu>

**HR & Payroll: Well-Being Seminar Series**

September and October are full of opportunities! HR & Payroll, in conjunction with some terrific partners, have some new sessions in the area of well-being including:

- September 25 at noon: CommonHealth’s “Think About It”, a Healthy Campus Week event (videoconferenced to Arlington and SciTech)

Join us for this session as Amy Moore, from CommonHealth, shares what you can do to keep your brain healthy. Keeping your brain healthy isn't hard. It involves living intentionally and caring for your brain and your body every day. CommonHealth has broken it down into 5 easy steps: learn more, get moving, stay connected, eat right, and take charge.

- October 19 at noon: Getting the Most Out of Your Mason Benefits Package (videoconferenced to Arlington and SciTech)

If you are enrolled in benefits through Mason, you have a package of services and opportunities that can assist you throughout your career, in good times and in challenging ones. Join us for this session to see the role your benefits can play at every stage in your life at Mason. Topics will include some basics but also discuss some life planning resources to keep in mind at any age. Please feel free to bring your lunch to this session!

- October 24 at noon: The Psychology of Spending (videoconferenced to Arlington and available by BlueJeans)

Do you ever wonder why you left the mall with \$500 worth of clothes when you were not planning to get anything or bought one pair of shoes over another? Psychologists found that there are several forces that govern our consumer behavior and cause us to make decisions that are not necessarily rational or in our best interest. Join Dawn Davis of Apple Federal Credit Union on Tuesday, October 24 at noon as she covers the factors that commonly affect the psychology of spending: the role of advertising, spending habits, keeping up with the Jones', bargain hunting, impulse buying and more.

For locations and to register, please visit the <http://hr.gmu.edu/learning/hr.php>. Stay tuned, additional sessions are coming and you always have access to online sessions through the financial well-being portal at [http://hr.gmu.edu/benefits/retire/online\\_resources.php](http://hr.gmu.edu/benefits/retire/online_resources.php).

### **For Your 9-Month Faculty**

Just a quick reminder for your 9-month faculty who made changes to their health insurance during open enrollment; there will be a reconciliation adjustment on their September 16<sup>th</sup> paycheck to account for any open enrollment selection changes that took effect July 1. If you or your 9-month faculty have any questions, please contact the Benefits Team at [benefits@gmu.edu](mailto:benefits@gmu.edu) or 3-2600.

### **Welcome Back Newsletter**

We hope you saw the September 5 email from us that included our annual Welcome Back Newsletter. It's also available on the [HR & Payroll homepage](#) or directly at <http://hr.gmu.edu/newsletter>.

### **Graystone Advertising**

Did you know Talent Acquisition partners with Graystone Advertising to provide the University community with top notch advertising options at the best cost? Stay tuned for an electronic tool addition within eWork/PeopleAdmin to streamline your advertising procurements. Questions? Reach out to [jobs@gmu.edu](mailto:jobs@gmu.edu).

### **Suit Up Mason at JC Penny**

University Career Services has lined up a great discount opportunity. On October 1 at the Fair Oaks Mall, JC Penny is offering a 40% discount on professional clothing. Conditions apply. Please visit [Suit-Up Mason](#) for details. Want to volunteer at the event? Please visit [Suit-Up Mason Volunteers](#) for details. For social media: #soworthit and #masonworkwear

### **Modell's Discount**

Speaking of discounts, Mason Recreation has lined up one with Modell's. Through June 30, 2018 and with a valid Mason ID, faculty, staff, and students receive 15% off at Modell's in the Arlington, Fair Lakes, Potomac Mills, Reston, and Springfield stores (some conditions apply). Every purchase helps Mason Recreation's Student Development Fund which supports students' career readiness. Please see the [Modell's flyer](#) for details.

### **Reminder: Rotary International: Inaugural Mason Meeting**

Join the Mason community for the inaugural lunch meeting of the new Rotary International Membership Center at Mason. Hear how Mason and Rotary can work together to address challenges in our local and larger world communities. The luncheon will be held on Wednesday, September 20 from noon-1:30 and will be catered by Panera at a cost of \$10 per person. For speaker information, location, and to register, please visit <https://www.regonline.com/builder/site/?eventid=2032534>