

FACULTY AND STAFF

# FALL Event Guide

2019

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**BENEFITS & WELLNESS**

[gvsu.edu/hro/benefitswellness](https://gvsu.edu/hro/benefitswellness)



GRAND VALLEY  
STATE UNIVERSITY  
HUMAN RESOURCES

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## FOLLOW US!



GVSU Human Resources  
Benefits and Wellness



@gvsubenefitswellness



@GVSUBW

## WHO WE ARE

GVSU Benefits and Wellness is a part of the Human Resources office located on the first floor of James H. Zumberge Hall on the Allendale Campus. It is our mission to promote and encourage healthy lifestyles to enhance the quality of life for the Grand Valley community and their families. Our aim is to increase awareness of healthy lifestyle choices and improve opportunity for lifelong commitment to good health and well-being.

## OUR MISSION

Promoting and encouraging healthy lifestyles to enhance the quality of life for the GVSU community and their families.

## OUR VISION

Grand Valley State University will be recognized as the healthiest campus in Michigan by increasing awareness of healthy lifestyle choices and providing opportunities for a life-long commitment to good health and well being.



## CANCELLATION POLICY:

If you need to cancel, please remove your name from the class list at least 24 hours in advance. Failure to attend or notify us regarding cancellation may result in financial loss to the university. Register and remove yourself from all programs at: [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout)

# THRIVE @ GVSU

WE WANT  
TO HELP  
YOU...

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@GVSU

## WE WANT TO HELP YOU THRIVE

Can't remember the last time you had a good night's sleep? Are work distractions causing you to turn to fast food rather than planning healthy meals? Do aches and pains keep you off the treadmill? We all face challenges in our day-to-day lives that can wear us down. We've all been there. Wellness coaches can help everyone – not because something is wrong with you but because feeling well feels right.

- Trained coaches from Priority Health provide a confidential sounding board for a variety of physical, emotional, social, and other hurdles and help you reach goals.
- The three-month program is open to all medical benefit eligible faculty and staff and covered spouses/household members.
- Investing in your wellness helps improve your life now and in the future.

THRIVE AT GVSU IS A VOLUNTARY, CONFIDENTIAL AND FREE THREE MONTH WELLNESS COACHING PROGRAM AVAILABLE TO ALL MEDICAL BENEFIT ELIGIBLE FACULTY, STAFF, SPOUSES AND HOUSEHOLD MEMBERS.

- Enroll during the Open Enrollment period in the fall (register your spouse or household member at this time as well).
- Priority Health's online wellness platform allows for faculty and staff to redeem their electronic gift card (\$100 value) directly from the online store upon completion of the three-month program.\*

Learn more about how to invest in your wellness to improve your life now and in the future: [www.gvsu.edu/hro/benefitswellness/thrive](http://www.gvsu.edu/hro/benefitswellness/thrive).

\*\*Program is 1-3 months depending on the participant's goals.

\*\*Rewards are taxable. If a dependent earns a gift card for participating, the faculty/staff member will be taxed.

## Wellness Coaches on Campus

October 4th at the Wellness Fair (See page 7 for details)

10:30am-2:30pm KC 2264

Health coaches are energizing in their commitment to help you live your life with high energy, clear focus and a positive and confident outlook. Coaches don't make it easy by giving you answers. Rather, they are skilled partners; they join with you in creating an inspiring vision for your life, together with a pragmatic plan to move you closer to that vision. In the process, they help you dig out your strengths and insights from life's clutter.

Sign up for your appointment now by calling the 1-800 number on the back of your Priority Health insurance card, online at [priorityhealth.com](http://priorityhealth.com) and click on the wellness event schedule, or at this link: <https://www.onlineregistrationcenter.com/register/222/page1.asp?m=4330&c=346>

# HEALTHY EVENTS AND CHALLENGES

## Certified Healthy Department Open Application Period

September 1-December 13

Grand Valley State University aims to be the Healthiest Campus in Michigan. One way to embrace and support the value of health and wellness is through the Certified Healthy Department Program. Departments can complete an online application to evaluate the support for overall health and well-being for its employees. Departments will be recognized in a variety of ways, joining others, as partners with Human Resources Benefits and Wellness.

For complete details and to apply visit [www.gvsu.edu/hro/benefitswellness/certifiedhealthy](http://www.gvsu.edu/hro/benefitswellness/certifiedhealthy)



## Open Enrollment October 22nd-November 6th

The 2020 annual benefits open enrollment is your opportunity to take a closer look at your benefit options.

### Follow these four easy steps:

1. Review detailed information.
2. Learn about new plan options and select the right one for your unique situation.
3. Complete the online enrollment 8am October 22–5pm November 6
4. Print your detailed confirmation statement.

**To receive your total compensation/confirmation statement, each benefit eligible faculty or staff member must complete an online enrollment and update/verify benefit elections including:**

- Home address for W-2 purposes
- Coordination of benefits information
- Beneficiary designation
- IRS re-election requirement for Flexible Spending Accounts and Health Savings Accounts

For more information or to request printed copies please contact us at 331.2220 or email [benefitsandwellness@gvsu.edu](mailto:benefitsandwellness@gvsu.edu)

# HEALTHY EVENTS AND CHALLENGES



## Get Moving Team Challenge

**October 7-November 18th**

Team registration opens September 2nd Online

This six week fitness competition is open to GVSU faculty and staff, allowing them to compete by tracking steps and physical activity as part of a team. The challenge is designed for participants of all fitness levels. We'll provide you with the tools and resources to easily set goals, track your progress, and motivate a team. Prizes are awarded for teams who earn the most steps and reach step goals.

Register online:

[www.gvsu.edu/hro/benefitswellness/getmoving/](http://www.gvsu.edu/hro/benefitswellness/getmoving/)

## FLU SHOT Drop In Clinics

**October 2nd-October 30th**

**Conducted by GVSU Kirkhof College of Nursing**

Complete Schedule available online at

[www.gvsu.edu/fhc](http://www.gvsu.edu/fhc)

## Walk With the President & Campus Wellness Fair

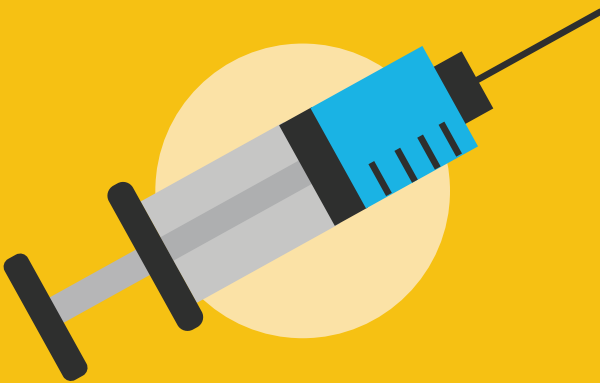
**October 4th**

**Walk start: 9:45am, Cook Carillion Clock Tower**

**Fair: 11am-2pm, Kirkhof Center Lobby, Allendale**

Join President Philomena V. Mantella, GVSU Deans, and fellow Lakers as we come together to promote exercise! Open to all students, faculty, + staff.

Then, come on over to Kirkhof at 11am for the Wellness Fair where there will be a flu shot clinic, wellness vendors and partners, food demonstrations, raffles and prizes. Attendees will learn about campus wellness programs and resources available for students and faculty and learn about real world scenarios to help approach life healthier!





# FARMERS MARKET

**Every Wednesday through October\***

**10:00am-1:30pm**

**Parking Lot G, Allendale Campus**

[www.gvsu.edu/farmersmarket](http://www.gvsu.edu/farmersmarket)

Each market provides delicious lunches prepared by Campus Dining, music, free blood pressure screenings, and a variety of local produce and goods. Be sure to get your market punch-card and enter a monthly drawing for a market giveaway.

**\*There will be NO market on August 28th.**



## Pre-Order Lunches at the Market

Lunches at the market will be **pre-order only** beginning September 4th. Preorder by the Friday before the market on Sprout in order to pick up your lunch on Wednesday.

Lunches provided by Campus Dining for \$7.00

More information and menus posted online at

[www.gvsu.edu/farmersmarket/lunch](http://www.gvsu.edu/farmersmarket/lunch)



## EVENTS:

### Bike Tune Ups

**September 4, October 2, 11:30am-1:30pm**

Need a tune up? Bring your bike by the Farmers market and drop it off for a basic bike tune up. Sponsored by Human resources and the GVSU Outdoor Adventure Center.

### Free Cooking Demo

**September 18, 12-12:45pm**

Learn the ins and outs of cooking basics for fresh, healthy, and nutritious meals.

### Massages

**September 18th, 11:30am-1:00pm**

Come relax at the market with a nice massage!

Massages are 5-10 minutes and are first come first serve.



# WORKSHOPS AND CLASSES

## Emotional Strength Conditioning: Growing and Building Emotional Muscle as a Change Management Strategy

Allendale: September 12th,  
8:30AM-11:30AM, KC2270

Pew: March 10th, 8:30AM-11:30AM, 302 E

We understand the importance of physical conditioning, but what about emotional conditioning? How strong and resilient are we during stressful and trying times? How do we handle the constant pressure to perform in rapidly changing environments?

This training focuses on strengthening and conditioning our emotional well-being by caring for ourselves both responsively and proactively. Much like a physical regimen, the experience intends to build emotional muscle, develop endurance, provide psychological resources, and increase behavioral flexibility.

After successful completion of this program, participants will:

- Possess THINKING tools for self-growth, healing, and self-compassion
- Be able to apply emotional strength tools to dealing with change
- Leave having started or completed a personal emotional strength and conditioning plan
- Receive a gentle push towards taking ACTION in areas of life that need care and attention



## Interpersonal Communication

Pew: October 10th, 8:30am-11:30am BK330  
Allendale: February 13th, 8:30am-11:30am  
KC2270

This training will help participants communicate effectively and will provide specific tools to address barriers to effective communication. This training will also help participants develop tools to have difficult conversations and set themselves up to have the most success in asking for what they want. These tools will be helpful when communicating with people from diverse backgrounds or different disciplines. Furthermore, participants will learn how to prepare for these conversations by working through a specific script that will help them hone in on their message. Participants will learn how to use mindfulness to manage emotions that come up and interfere during interpersonal communication.

As a result of this training, participants will also learn how to validate and listen more effectively. All participants will be able to use real life examples to role play and practice using the skills learned. Tools are taken from the Marsha Linehans Skills manual; however, they are reworked to be used in workplace settings. There will also be material pulled from Leadership professionals such as Steven Covey and John Maxwell. Presented by Elisa Salazar.

Approved for non-technical credit.



# WORKSHOPS AND CLASSES

## Faculty & Staff Group Exercise

Ever wanted to try spinning, yoga, or strength training? A variety of fitness classes are open to GVSU faculty, staff, and family members each Fall, Winter, and Spring/Summer semesters. Two sessions are offered each semester.

Registration for both sessions opens 8am August 1st on SPROUT.

Session I  
September 3–October 25

Session II  
October 28–December 20

## Move to Feel Good *Pew campus M/TH Evenings*

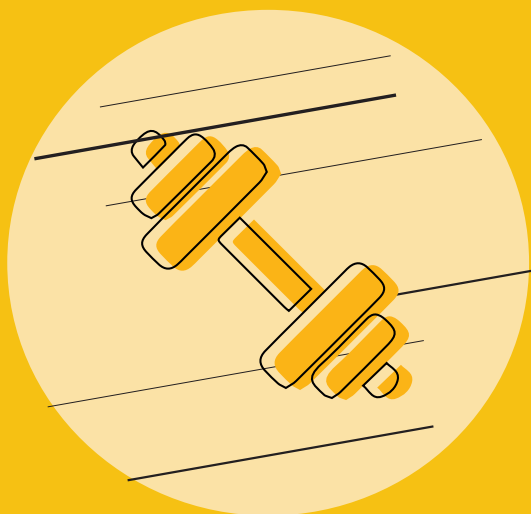
Want to exercise but don't like the way it makes you feel or afraid you might injure yourself? This class is designed for generally healthy faculty and staff who want to develop a routine for movement in a fun and safe way. Qualified instructors will guide participants through energizing low impact fitness routines twice a week and provide motivational weekly communications. Comfortable clothing and tennis shoes are encouraged.

Cost: \$10

## How to Retire Happy and Informed

November 6th  
1:30pm-4:30pm KC 2204 Pere Marquette

As you think ahead to the years of retirement, the door closes on one stage of life and a new door opens up to a sea of opportunities to consider. Plan your new beginning by being well informed. Attend this workshop to explore your options with regard to Social Security and Grand Valley medical plan options. Representatives from, GVSU Human Resources, the Social Security Administration and Advantage Benefits Group will be on hand to present and to answer questions. All are welcome, including partners and family members. Light refreshments are provided.





# ONGOING PROGRAMS

## Communities of Support:

### MOM'S NETWORK ALLENDALE

KC 2259, 12pm-1pm

**Tuesday September 10, 2019:**

Apples, Donuts, and Pumpkin Patches.  
Discussion about fall activities and events

**Tuesday October 15, 2019:**

Discussion about Thanksgiving traditions and activities with our kids. How to give your kids the world (aka presents), but not go overboard.

**Tuesday November 19, 2019:**

What's going on in your life? What's weighing on your mind as a mother? Let's just chat.

**Tuesday December 10, 2019:**

Winter activities. Let's create winter resources of family fun activities for all ages and interests.

### MOM'S NETWORK PEW

Dates and Locations TBD

We are looking for 2-3 facilitators for the Pew Moms Network, if you are interested please email [salazael@gvsu.edu](mailto:salazael@gvsu.edu)

### DAD'S NETWORK

KC1247, 12pm-1pm

**September 12, 2019**

**December 12, 2019**

**March 12, 2020–** Location TBD

**June 11, 2020–** Location TBD

### PET NETWORK

12pm-1pm

**October 3rd, 2019 Seidman 3001:**

Pet Resources through Encompass

**March 19th, 2020 KC1104:** Topic TBD

## NEW! COMMUNITY OF SUPPORT: MINDFULNESS

The Mindfulness in Higher Education community of Support (COS) is a place to explore mindfulness as it applies to higher education, pedagogy, classroom implementation and the ongoing development of a personal practice. Meeting at either the Allendale or downtown Health campus, the Mindfulness COS offers a space for GVSU faculty and staff to learn about the role of mindfulness in higher education and how a personal practice may enhance health and well-being in ways that influence our professional life. Join us this Fall semester as we explore, share and practice together. The Koru Mindfulness program, and corresponding book "The Mindful Twenty Something," by Holly Rogers will be used as a guide for meeting topics, discussion and practice. Koru offers an evidence based curriculum and resources for mindfulness specific to the higher education community.

September 6th	RFH 351
September 20th	KC 1142
October 4th	RFH 351
October 18th	KC 1142

October 25th	RFH 351
November 15th	KC 1142
December 6th	KC 1142
December 13th	RFH 351

# ONGOING PROGRAMS

## PRIORITY HEALTH SERVICES

[www.priorityhealth.com](http://www.priorityhealth.com)



### Cost Estimator

Priority Health's newest tool, the Cost Estimator, combines doctor and facility pricing information with your personal benefit and deductible balances to give a close estimate of your out-of-pocket costs, giving you a say in how you spend your health dollars.



### My Rewards

By using the Cost Estimator to shop for high-quality, lower-priced care, Priority Health members can earn rewards ranging from \$50 to \$200.

MedNow

### 24/7 Care NOW

Introducing MedNow™, the 24/7 virtual care delivered by care providers from one of the top fifteen health systems in the country.

### Here's How it Works:

1. Call MedNow at 1.844.322.7374
2. Provide your G-number
3. Answer a few health questions from the MedNow team, including a brief description of your current symptoms
4. Connect to a care provider who can get you on the path to better health

## ENCOMPASS EMPLOYEE ASSISTANCE PROGRAM (EAP)

Visit [www.gvsu.edu/hro/benefitswellness](http://www.gvsu.edu/hro/benefitswellness) for a complete list of services available through GVSU Work Life Connections.

Encompass is GVSU's employee assistance program. Faculty, staff, and their dependents have access to seven free counseling sessions with a trained and licensed professional counselor. All visits are strictly confidential and can be set up by calling Encompass directly at 1.800.788.8630

Encompass is available to help with life's stressors including marriage and relationship challenges, parenting, anxiety, depression, and more. Financial services includes a one-hour consultation with a financial planner. Faculty, staff, and their dependents are eligible for a half-hour, free legal service consultation with an area lawyer and 25% off future visits if the lawyer is retained.

For more resources and referrals, call 1.800.788.8630

Visit the Encompass website, [www.encompass.us.com](http://www.encompass.us.com) (password: GVSU) for a wealth of information on life's every day challenges.

For further information contact Elisa Salazar at [salazael@gvsu.edu](mailto:salazael@gvsu.edu)