2017 Benefits & Wellness Sessions
Come See What UC Has to Offer!

Benefits Sessions:

Tuesday 10/17
- 1:1 Benefit Sessions 2-4:30pm Muntz 351
  *Registration required.

Thursday 11/9 (all in Walters 100)
- Town Hall 1-1:45pm Walters 100
- 1:1 Benefit Sessions* 2:30-4:30pm, Registration required

Tuesday 11/14 (all in Muntz 117)
- NEW Vision Plan with VSP 12-12:30pm
- LTD & Critical Illness/Accident Insurance with Unum 12:30-1pm
- EAP with IMPACT Solutions 1-1:30pm

Friday 11/17
- Financial & Retirement Planning with Apprisen 11am-12pm Muntz 170. Learn the advantage of supplemental retirement savings, budgeting and plan for your future retirement.

Monday 11/27 (all in Walters 100)
- Understanding the Anthem Medical Plans 1-1:45pm
- HSA Overview 2-2:45pm

Be Well UC Sessions:

Monday 10/2
- “Stress Less” with Work Well 11am-12pm Walters 100

Tuesday 10/31
- “Breathing & Mindfulness” with Work Well 11-11:30am Muntz 351
- Flu Shots & Biometric Screenings 1-3pm Muntz 119 (theater)
- Mammography Van 1-3pm Outside Muntz

Wednesday 11/8
- Be the Beat Drumming 12-12:30pm Muntz 351

Friday 11/17
- We’ve Got Your Back with Airrosti 12-1pm Muntz 351

How to Register:
- Biometric Screenings: http://bit.ly/2x9oUFx
- Flu Shots: http://bit.ly/2vIm1If
- Mammo Van: Call (513) 584-PINK (7465)

Visit www.uc.edu/hr/benefits/benefitsfair for details