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

Benefits Sessions:
(All in Snyder 142)

**Tuesday 10/31**
- 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

**Thursday 11/7**
- 1:1 Benefit Sessions* 9-10:55am,
  *Registration required
- Town Hall 11-11:30am

**Monday 11/13**
- Understanding the Anthem Medical Plans 1-1:45pm
- Financial & Retirement Planning with Apprisen 2-3pm
- HSA Overview 3-3:45pm

Be Well UC Sessions:

**Wednesday 10/4**
- “Stress Less” with Work Well 11-11:45am McDonough 205

**Thursday 10/12**
- Health at Your Desk with Airrosti 12-1pm Snyder S143

**Wednesday 11/1**
- Work Well “Breathing & Mindfulness” 11-11:30am
  McDonough 205
- Flu Shots 12-1:30pm Snyder 142
- Biometric Screenings 12-1:30pm
  Snyder 143
- Mammography Van 12-2pm Outside Snyder

How to Register:

- Flu Shots: [http://bit.ly/2vIm1If](http://bit.ly/2vIm1If)
- Mammo Van: Call (513) 584-PINK (7465)

**Be Well UC Points for Attending:**
- Flu Shot=10
- Events**= 10
- Mammo Van=20
- Health Screening=portion of Step 1

**Benefits & Be Well UC Sessions are events**

Visit [www.uc.edu/hr/benefits/benefitsfair](http://www.uc.edu/hr/benefits/benefitsfair) for details