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

**Tuesday 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 Learn the advantage of supplemental retirement savings, budgeting and plan for your future retirement.
- 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:**
- Mammo Van: Call (513) 584-PINK (7465)

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