
Impact Solutions EAP
Learn to bounce back better. Do you know your purpose in life? What you value? What makes you the happiest? Impact Solutions’ interactive, online program called The Resilience Journey will take you on an enlightening adventure that will open your eyes to your life’s purpose while teaching you about the five core components of resilience: purpose, self-reliance, perseverance, balance, and being your own best friend. For more information, call Impact at 800-227-6007 or log in today at http://bit.ly/ImpactEAP.

Events and Opportunities
UC’s Annual Benefits Enrollment period begins on November 1 and ends on November 30, 2018. Medical plan rates will remain in the same in 2019! All dental plans include additional enhancements. Take this opportunity to enroll in one of UC’s many benefit options or to check all of your current benefit plans. Find all of the information you need online at http://bit.ly/2018UCAnnualEnrollment. Join us at the 22nd Annual Benefits and Wellness Fair on Tuesday, November 6: http://bit.ly/2018UCBenefitsFair for more information & screening registration.

What’s New?!
Castlight allows families shop for healthcare, compare doctors and other medical services based on quality, convenience, and price. In January 2019, Castlight will be renamed Anthem Engage. Anthem Engage will provide all the same great services which are available today. And, Anthem Engage will include dental providers and dental plan services. This means you’ll be able to shop for dental providers and services just like shopping for a medical plan service or provider. Stay tuned for more information coming soon!

Be Well UC
It’s not too late! Earn up to $300 for participating in wellness if you take a moment to login to the portal (http://bit.ly/Alyfe) and log activities you’ve done this year. Flu shots, screenings, coaching & volunteering all count! And if you’ve participated in programming on campus — you may even have points logged for you. Contact wellness@uc.edu with questions or to invite the Be Well staff to your office.

Choose Well