



NOTRE DAME OF MARYLAND UNIVERSITY

# HR Newsletter

## FEBRUARY 2019

### February Birthdays!

|      |   |      |  |
|------|---|------|--|
| 2nd  | Deb Calhoun, <i>business &amp; economics department</i> | 21st | Amy Morales, <i>office of accessibility &amp; health promotion</i> |
| 6th  | Chelsea Gell, <i>annual giving</i>                      | 25th | Donna Schissler, <i>school of education</i>                        |
| 14th | Joyce Konigsburg, <i>religious studies department</i>   |      | Sean Silveira, <i>school of pharmacy</i>                           |
| 16th | Cheri Johns, <i>athletics</i>                           | 26th | Russell Roche, <i>grounds keeping</i>                              |
|      | Charlie Yoe, <i>business &amp; economics department</i> | 28th | Deborah Brophy, <i>A child's place</i>                             |
| 19th | Elizabeth Scott, <i>counseling center</i>               |      |  |

### Help Us Welcome:

Marc Bright, *engineering plumber*

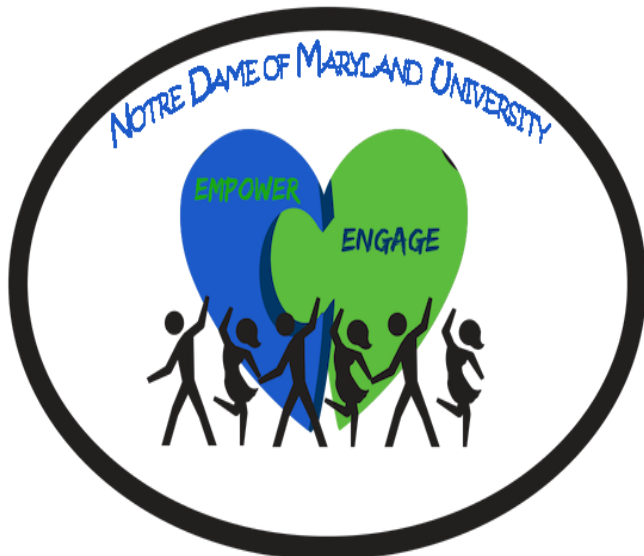
Tiffany Bailey, *career services coordinator*

### Notre Dame Day

**February 12, 2019**

**2p.m.**

**LeClerc Auditorium**



### PARTNERS IN MISSION

President Marylou Yam cordially invites you to a Eucharistic Liturgy followed by a Recognition Celebration and Dessert Reception celebrating all Partners in Mission marking anniversaries of service.

**Thursday, May 9, 2019**

**10:30 a.m. Eucharistic Liturgy**  
Marikle Chapel of the Annunciation  
*All are invited to attend.*

**1 p.m. Recognition Celebration & Dessert Reception**  
Doyle Formal  
*All are invited to attend.*



**"IN UNITY IS OUR STRENGTH."**  
BLESSED THERESA, SSND FOUNDRRESS





## Healthy Meal of the Month: Beef & Bean Sloppy Joes

This healthy copycat recipe of the comfort food classic trades beans for some of the meat to bump up the fiber.

Click [here](#) for the recipe.

## Employee Discount

◇ **On-site Summer Camps**  
A 25% discount is offered to dependents of University employees enrolled at **A Child's Place Summer Camp** for 3- 6 year olds, and also at **Camp Notre Dame** for 5-11 year olds.



For Class Updates @NDMUCampusRec  
Twitter and Instagram

# HEALTHY GATOR



DEPARTMENT OF ATHLETICS AND  
CAMPUS RECREATION

## February 2019

| Monday   | Tuesday                | Wednesday            | Thursday                                       | Friday                         |
|--|------------------------|----------------------|--|--------------------------------|
|  |                        |                      |  | 1<br>Personal Training 12-1pm  |
| 4<br>NDMU Walks 11:30am<br>Personal Training 12-1pm<br>Spin Class 6pm  | 5<br>YogaWorks 12-1pm  | 6<br>Spin Class 6pm  | 7<br>YogaWorks 12-1pm<br>Spin Class 6pm & 7pm  | 8<br>Personal Training 12-1pm  |
| 11<br>NDMU Walks 11:30am<br>Personal Training 12-1pm<br>Spin Class 6pm | 12<br>YogaWorks 12-1pm | 13<br>Spin Class 6pm | 14<br>YogaWorks 12-1pm<br>Spin Class 6pm & 7pm | 15<br>Personal Training 12-1pm |
| 18<br>NDMU Walks 11:30am<br>Personal Training 12-1pm<br>Spin Class 6pm | 19<br>YogaWorks 12-1pm | 20<br>Spin Class 6pm | 21<br>YogaWorks 12-1pm<br>Spin Class 6pm & 7pm | 22<br>Personal Training 12-1pm |
| 25<br>NDMU Walks 11:30am<br>Personal Training 12-1pm<br>Spin Class 6pm | 26<br>YogaWorks 12-1pm | 27<br>Spin Class 6pm | 28<br>YogaWorks 12-1pm<br>Spin Class 6pm & 7pm |                                |

Class Locations

NDMU Walks  
Registrar

YogaWorks  
Dance Studio

Personal Training  
MBK Fitness Center

Spin Class  
Dance Studio

Visit [notredamegators.com/campusrec](http://notredamegators.com/campusrec) for more info!

# Have you explored your benefits with United HealthCare?



## Sign up for myuhc.com.

### Get the most out of your benefits with myuhc.com.

When it comes to managing your health plan and making more informed decisions, simpler is better. With [myuhc.com](https://myuhc.com), you have a personalized website that helps you access and manage your health plan:

- Find and estimate costs for the network care you need.
- See what's covered, and get information about preventive care.
- View claim details and account balances.
- Sign up for paperless delivery of your required plan communications.

### Set up your account today.

1. Have your ID card handy and go to [myuhc.com](https://myuhc.com).
2. Click on **Register Now** and follow the step-by-step instructions.



## Download the Health4Me app.

### Get on-the-go access.

The Health4Me app puts your health plan at your fingertips. Download to:

- Find nearby care options in your network.
- Connect to a doctor online 24/7.
- See your claim details and view progress toward your deductible.
- View and share your ID card.
- Log on easily with Touch ID®.

### Watch short videos to learn more about your plan.

Visit [uhc.com/welcome](https://uhc.com/welcome) to watch videos about getting started with your plan, using your benefits and avoiding cost surprises.

## Did you know UHC offers Rally?

### What is Rally?

A fun and easy-to-use web and mobile app

Designed to help you improve your health, this interactive web and mobile experience recommends simple actions you can take every day. And Rally rewards you as you make progress.

Taking care of yourself just got FUN! Find Rally at [www.myuhc.com](https://www.myuhc.com)

## February is American Heart Month

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often.

This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

On average, U.S. adults have hearts that are [7 years older](#) than they should be. [Watch this video](#), and figure out your own “heart age” by taking this [quiz](#).

### LOVE YOUR HEART

Get active

Eat well

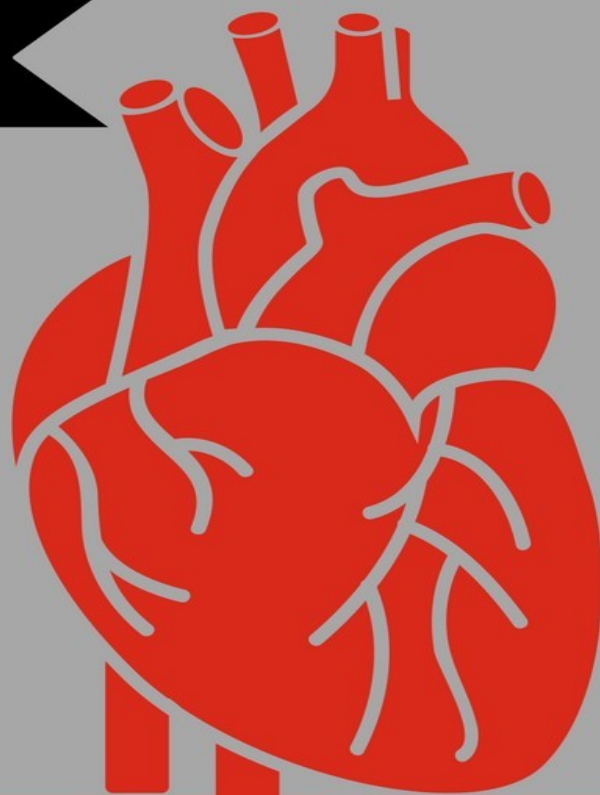
Control cholesterol

Manage blood pressure

Reduce blood sugar

Lose weight

Quit smoking



AMERICAN HEART MONTH



**Need Help? United HealthCare has programs to help! There's no cost to you—just the opportunity to get guidance and support for your health care needs. Find out more and see additional program options by logging into [myuhc.com](https://myuhc.com)**

◆ **Health and Wellness**

**Your path to better health.** Sign up for Rally on [myuhc.com](https://myuhc.com). It's a program to help you move more and eat better. It even rewards you for your progress! How it works:

- \* Take your health survey
- \* Pick your focus—get personalized activities and recommended missions based on your survey results
- \* Earn rewards—as you complete certain activities, you'll get coins. Use them to enter sweepstakes for chances to win prizes, and discounts.

**Get help losing weight and keeping it off.** Whether you want to lose a lot of weight or just a few extra pounds, **Real Appeal** is designed to help with simple steps and support along the way. It includes:

- \* A personalized transformation coach who will guide you
- \* 24/7 online support and a mobile app to help you stay on track
- \* A success kit featuring program guides, exercise videos and more

**Be healthy. Save money.** Save 10 to 50 percent on these health and wellness products and services that may not be covered by your medical plan:

- \* Acupuncture, chiropractic care, massage therapy
- \* Cosmetic dental teeth whitening
- \* Fitness equipment
- \* Hearing devices, and more!

◆ **Decision Support**—Talk to a registered nurse 24/7! When a health question comes up, you can talk with a registered nurse any time, day or night. They can:

- \* Discuss care options to address immediate symptomatic needs
- \* Determine if the emergency room, a doctor visit, or self-care is right for your needs
- \* Help identify network providers and facilities
- \* Provide help understanding a diagnosis and exploring different treatment options