February Birthdays!

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

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
Matilde 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 Foundress
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.

---

### February 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>1</td>
</tr>
<tr>
<td>NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm</td>
<td>YogaWorks 12-1pm</td>
<td>Spin Class 6pm</td>
<td>YogaWorks 12-1pm Spin Class 6pm &amp; 7pm</td>
<td>Personal Training 12-1pm</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>8</td>
</tr>
<tr>
<td>NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm</td>
<td>YogaWorks 12-1pm</td>
<td>Spin Class 6pm</td>
<td>YogaWorks 12-1pm Spin Class 6pm &amp; 7pm</td>
<td>Personal Training 12-1pm</td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>15</td>
</tr>
<tr>
<td>NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm</td>
<td>YogaWorks 12-1pm</td>
<td>Spin Class 6pm</td>
<td>YogaWorks 12-1pm Spin Class 6pm &amp; 7pm</td>
<td>Personal Training 12-1pm</td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>22</td>
</tr>
<tr>
<td>NDMU Walks 11:30am Personal Training 12-1pm Spin Class 6pm</td>
<td>YogaWorks 12-1pm</td>
<td>Spin Class 6pm</td>
<td>YogaWorks 12-1pm Spin Class 6pm &amp; 7pm</td>
<td>Personal Training 12-1pm</td>
</tr>
</tbody>
</table>

**Class Locations**
- NDMU Walks
- Registrar
- YogaWorks
- Dance Studio
- Personal Training
- MBK Fitness Center
- Spin Class
- Dance Studio

Visit notre damegators.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, 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.
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 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
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

♦ Health and Wellness

_Your path to better health_. Sign up for Rally on 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