Welcome to the 4th Edition of the HR Be Well Newsletter!

Here at Human Resources we recognize people as UC Irvine’s most valuable resource and create an environment that promotes excellence in the workplace. Our Benefits and Wellness Department both strive to enhance quality of life for our university community. While one aims to increase employee knowledge to make well-formed decisions of their own health and welfare plans, the other is the core for promotion of well-being of university employees and campus community.

With these two aspirations in mind, we are happy to bring UC Irvine employees a newsletter with the latest information on benefits and wellness. Be Well highlights programs, services, resources, and events, so employees may get the most out of their health. Stay updated each quarter. We welcome your feedback; please send comments to benefits@uci.edu.

Susan Pihl
Director, Benefits and WCDM | UCI Human Resources

UC to ban smoking on all campuses by 2014

UC will ban both smoking and chewing tobacco on campuses, including parking lots and housing, as part of its commitment to cut tobacco use and exposure to secondhand smoke. The sale and advertising of tobacco products also will be prohibited.

Enforcement will rely primarily on educating smokers about the dangers of lighting up and campus resources that can help them quit. UC Irvine will release additional details as they become available.

Healthy to 100 and Beyond Lecture Series & Challenge

For the second year in a row, the UC Irvine Center for Emeritus and Retirees in partnership with the UCI LivingWell Wellness Program for employees presents the Healthy to 100 and Beyond Lecture Series & Challenge.

Attend the 2012 Lecture Series!
Join experts from the UC Irvine Community as they provide information to help support a healthy lifestyle as you age. Five Lectures are being offered this year. For dates, time and registration visit: www.wellness.uci.edu

Take the Challenge!
Challenge Yourself to Improve Your Health.
Adopt at Least 1 New Healthy Habit for 100 Days!
After 100 days, you can make it a lifetime habit. The more healthy habits you adopt, the better your chances of reaching or exceeding that 100-year milestone. Don't wait? Pick a healthy habit and start today!
New Worklife Benefit for UC Employees

One of the toughest challenges many working adults face is finding the right caregivers for their loved ones. Beginning January 2012, UC is now offering faculty and non-represented staff membership in Sittercity, an online referral service for in-home caregivers.

Whether you need a full-time nanny or an emergency back-up eldercare provider, even a pet sitter, Sittercity can help.

To use the benefit, register with Sittercity; UC pays the fee that gives you access to pre-screened caregivers. Then you make all the arrangements including hiring and payment of caregivers. Visit www.sittercity.com/universityofcalifornia to register now.

Top 10 Benefits “To Do” List for 2012

Being a UC Irvine employee comes with many benefits. From Health and Welfare Insurance to Retirement Plans to Worklife & Wellness Programs, UCI faculty and staff have a lot to keep straight. With the start of the New Year, UCI staff members are encouraged to check their Benefits. Make the most of what UC Irvine has to offer you, resolve to maximize your benefits and improve your financial and physical health by checking off all items.

- Verify Insurance Coverage On Paycheck Stub
  - Read January pay stub and medical plan ID card to see if they are up-to-date
- Confirm Family Status and Beneficiaries
  - Add any new dependents to insurance plans if there are any changes to my family status change
  - Review life insurance and update my beneficiary designations
- Review Retirement planning and investments
  - Access the Fidelity Retirement Service Website and use it to enroll in the 403(b) and/or 457(b) plans to start saving money
- Plan for Retirement
  - Read and use the Countdown to Retirement Checklist
  - Log onto At Your Service Online to verify UC Retirement Service Credit
- Use Medical Plan’s Mail Order Program
  - Use mail order program for all maintenance prescription drug supplies
- Track Your 2012 Medical and Dependent Care Expenses
  - Count eligible expenses towards Health Care Reimbursement (HCRA) and Dependent Care (DepCare) accounts through March 15th, 2013
  - Submit all expenses for reimbursement before April 15, 2013
  - Retain all health care receipts
- Get Healthy with the UCI LivingWell
  - Get screened at a Know Your Numbers Health Screening Event
  - Complete a Health Assessment
  - Participate in one of the many wellness programs
  - Visit the Wellness website: www.wellness.uci.edu
- Learn About Worklife Benefits
  - Learn more about the Employee Assistance Program (EAP)
  - Register for Sittercity
- Learn About Behavioral Health Services
  - Learn more about behavioral health benefits provided through United Behavioral Health
- Learn About UC Benefits
  - Attend a HR/Benefits workshops to learn about insurance and retirement plans

For more information visit www.hr.uci.edu