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July 29, 2013 11:28 AM

FW: Instant HR/Payroll: Health Assessment Deadline Extended, HR Liaison Meeting Hold the Date, Faculty/Staff Book Scholarship, Life Planning Seminar on Caregiving, Relocation 101 With Interstate, the Global Register, and a Targeted Email On Open Enrollment

From: Janet P Walker
Sent: Thursday, May 23, 2013 06:43
To: 'DEPARTMENT-CONTACTS-L@listserv.gmu.edu'
Subject: Instant HR/Payroll: Health Assessment Deadline Extended, HR Liaison Meeting Hold the Date, Faculty/Staff Book Scholarship, Life Planning Seminar on Caregiving, Relocation 101 With Interstate, the Global Register, and a Targeted Email On Open Enrollment

Health and Flex Open Enrollment Ends Friday, May 24 BUT Health Assessment Deadline Extended

Late today we learned that DHRM extended the deadline to complete a health assessment for COVA Care and COVA HealthAware participants. The note below is posted to the HR & Payroll homepage. Please help us spread the word.

Great news! Many health plan participants have taken the health assessment during Open Enrollment. To ensure that COVA Care and COVA HealthAware participants have an opportunity to receive credit toward their premium rewards, the Department of Human Resource Management (DHRM) has extended the deadline for completing the health assessment to Friday, May 31, 2013 at 11:00 p.m. EDT.

To complete your health assessment please visit myactivehealth.com, or call 866-938-0349.

Please note: This extension does not impact the deadline for making Open Enrollment elections in [EmployeeDirect](#) by 11:59 p.m. on Friday, May 24.

Hold the Date: HR Liaison Meeting Next Month

We'll be holding another HR liaison meeting on Thursday, June 13 from 1:30 - 3:30 in Research I Room 163 (and videoconferenced to Arlington and Prince William). If you would like to attend from Loudoun or Front Royal, please contact Bridget Peabody at 3.6764 or via email at bpeabody@gmu.edu to arrange videoconferencing.

Registration information will be available soon.

Mason Faculty/Staff Book Scholarship

Are your faculty or classified staff pursuing a degree at Mason? Mason is again offering a competitive \$250 book scholarship created with the \$25,000 endowment received from TIAA-CREF's 2010 Raise the Rate contest. The deadline is June 15 and applying is easy. For details, please visit the [Faculty/Staff Book Scholarship FAQ](#) and the [Faculty/Staff Book Scholarship Application](#).

Contributions to the book scholarship foundation account are always welcome. Just head out to <http://supportingmason.gmu.edu>, click on the "Give Now" tab, select "Other established fund" and fill in

account #160013, Raise the Rate.

Life Planning Seminar: A Guide for Caregivers

Are you a caregiver? Millions of us are! If you are a:

- Young parent
- Parent of young adults
- Adult child of an aging parent
- Caregiver to a spouse or partner

Join Benjamin Pratt, retired counselor, caregiver, and author of *A Guide to Caregiving* for a restorative presentation addressing practical solutions to help avoid burnout and revive your spirit. Register at <http://hr.gmu.edu/learning> (click on Courses).

Relocation 101 With Interstate

Interstate Worldwide Relocation Services is hosting a "Relocation 101" for people who handle relocation issues for new faculty and staff. Interstate is one of three companies that are contracted with Mason for [relocation services](#). Join the moving professionals from Interstate for some coffee and conversation about relocation services as a partner in recruiting and how they can help improve the candidate experience in a competitive recruiting marketplace. The session will be held on Friday, May 31 from 9:00-10:00am in the HR & Payroll Training Room in University Hall, Room 2001. If you plan on joining us, please RSVP to worklife@gmu.edu. If you would like to join us from another campus, please contact Bridget Peabody at 3.6764 or by email at bpeabody@gmu.edu to arrange videoconferencing.

New: The Global Register

We just wanted to share that our colleagues in the Office of Global and International Strategies have a new, interactive database called the [Global Register](#). The database captures and displays Mason's wide range of global activities and expertise to promote collaboration across Mason as well as between Mason and our international partners. There is currently data on such things as MOUs, faculty international expertise and activities, international media coverage, and more. We hope you'll check it out and visit in the future as more data will be added.

Targeted Email Sent Regarding Open Enrollment

The email below was sent this morning to all benefits eligible faculty and staff to remind them that the last day of Health and Flex Open Enrollment is tomorrow, Friday, May 24 at 11:59pm.

From: ANNOUNCE03-L [mailto:ANNOUNCE03-L@metis3.gmu.edu] **On Behalf Of** Mason Benefits Office
Sent: Thursday, May 23, 2013 09:55
To: ANNOUNCE03-L@metis3.gmu.edu
Subject: Do You Need to Take Action? Health and Flex Open Enrollment Ends Friday, May 24

Dear Colleague,

Open Enrollment for health benefits and flexible spending accounts (FSAs) ends this Friday, May 24, 2013 at 11:59 pm.

During this time, you may:

- enroll in a health plan and/or flexible spending account (FSA)
- change your health plan
- add or remove family members
- waive state health coverage

Any changes made to either health benefits or FSAs are effective July 1, 2013. First payroll deductions are made on July 16, 2013 (semi-monthly) and July 5, 2013 (bi-weekly).

There are a few things we'd like to call to your attention in the closing days of the open enrollment period.

1. If you currently have COVA Care or COVA HDHP we wanted to make sure that you were aware of the change in the dental coverage; basic dental will only include diagnostic and preventive services beginning on July 1. If you would like to have dental coverage for primary care (including fillings, simple extractions, and root canals) you must purchase expanded dental.

2. Premium Rewards are available for participants in COVA HealthAware (the new health plan option) and COVA Care. They are a way to reduce your monthly premium by completing two health related activities on a set schedule.

a. If you complete a health assessment during open enrollment (May 1-24, 2013), you will lower your monthly health premium by \$17 per month from July 1-December 31, 2013. If your covered spouse completes a health assessment during open enrollment, he or she will also lower your monthly premium by \$17 per month for a total potential savings of \$34 per month.

As of May 1, 2013, you have access to [ActiveHealth Management](#) (a vendor teaming up with the Department of Human Resource Management (DHRM) for health and wellness). Through ActiveHealth, you can complete your health assessment online or by phone. Details on completing your health assessment are in the [Spotlight on Your Benefits](#) (page 4).

b. You can continue your premium rewards for the remainder of the plan year (January 1 - June 30, 2014) by taking a biometric screening (blood pressure, blood glucose, cholesterol, and BMI) between August 1 and October 31, 2013. More information will be available after July 1.

Important note about Premium Rewards: Premium Rewards are not independent of each other. In order to receive the discount for January through June, you have to have done the health assessment during open enrollment and the biometric screening between August 1 and October 31.

3. Flexible spending accounts do not automatically continue. You must re-enroll each year.

4. There are resources available to help you review your open enrollment choices. They include:

- A new resource from the Commonwealth, an online, interactive tool called [ALEX](#). ALEX will ask questions about your individual needs and can then provide a comparison of the plans and estimate the lowest cost plan option for you.
- The HR & Payroll Benefits Team has an [online briefing](#) on open enrollment.
- The Commonwealth's Department of Human Resource Management (DHRM) also has an open enrollment [YouTube video](#) and [website](#).
- [Spotlight on Your Benefits](#)

We encourage the use of [EmployeeDirect](#) (eDirect) to make open enrollment choices. A helpful information [flyer](#) on eDirect is available. For information on the log-in process, please go to [EmployeeDirect](#) and click on the FAQ or “Getting Started.”

If you have questions regarding health and flex open enrollment, please visit the [Benefits section](#) of the HR website, email benefits@gmu.edu or call the HR & Payroll Customer Service Center at 3.2600 and ask to speak to a member of the Benefits Team.

Important Links:

ActiveHealth Management: <http://www.myactivehealth.com/cova>

Spotlight on Your Benefits: <http://www.dhrm.virginia.gov/hbenefits/OE2013/SpotlightSpring2013.pdf>

ALEX: <http://www.alexforcova.com>

HR & Payroll Benefits Team Online Open Enrollment Briefing: <https://vimeo.com/65430617>

YouTube Video: http://www.youtube.com/watch?v=ur6GB_QiaPg&feature=youtu.be

DHRM open enrollment website:

<http://www.dhrm.virginia.gov/hbenefits/OE2013/OpenEnrollment2013.html>

Employee Direct: <https://edirect.virginia.gov/>

eDirect Flyer: <http://hr.gmu.edu/announcements/EmployeeDirectFlyer2008.pdf>

HR Benefits Website: <http://hr.gmu.edu/benefits/>

The Open Enrollment deadline has been extended until February 7 to give consumers more time to enroll. NY State of Health's Customer Service Center representatives and in-person assistors are available to help individuals find the best plan for themselves and their families. Enrollment through NY State of Health continues to grow with more than 4.8 million enrolled across all programs. Currently, 259,153 consumers have enrolled in a Qualified Health Plan. Twenty percent of enrollees are new, and 80 percent have renewed their coverage. "While the Trump Administration continues to roll Start studying Health Assessment chapter 24. Learn vocabulary, terms and more with flashcards, games and other study tools. Only RUB 220.84/month. Health Assessment chapter 24. STUDY. Flashcards. ask the client to open the mouth and move the jaw laterally against resistance. next, as the client clenches the teeth, feel for the contraction of temporal and masseter muscles to test for the integrity of cranial nerve __. with lesion of cranial nerve _____, there will be lack of full contraction. A. Open enrollment for 2021 health insurance runs from November 1, 2020 to December 15, 2020 in most states. But DC, Colorado, and California have permanently extended open enrollment, and eight other states have extended the deadline to get 2021 health plans. For now, the following open enrollment extensions apply (enrollment starts on November 1 in all states, the following dates are the final deadline to enroll in coverage). Note that in many of these states, enrollments still have to be completed by December 15 in order to have coverage in effect as of January 1, 2021