

CCS Wellness Initiative

All Educators Campus Assembly - August 2022



Wellness Initiative Team



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Staff Assembly Executive Committee
Representative

Faculty Assembly Executive Committee
Representative

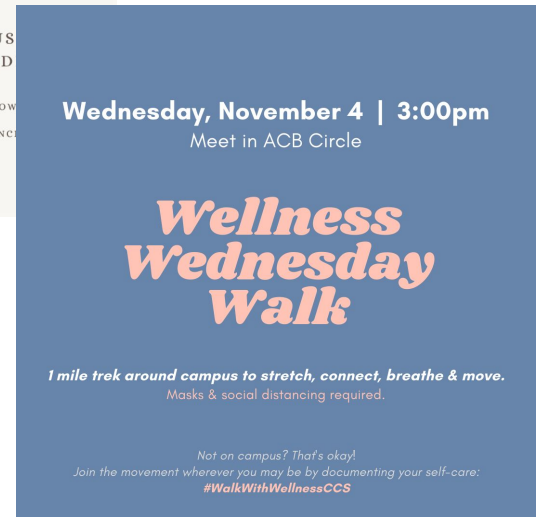
Wellness Initiative



- 35-hour work week for most employees
- Generous bank of PTO
- Hybrid Remote Work Arrangements for eligible employees
- Wellness Days
 - 2 additional days this year
 - 2 additional days next year
 - These dates as well as Holiday Calendar to be sent out soon for planning purposes.

Wellness Center

- Covid vaccinations/testing - Wellness Center & Operations
- Information for Covid protocols
- Health products offered in restrooms
- Annual Flu Shot Clinic
 - October 20th
 - 11:00am - 1:30pm
- Yoga & meditation classes
 - Details to come at the beginning of the semester



Ulliance Employee Assistance Program and HR Weekly Email Blasts

- An EAP is a program designed to assist eligible employees and their family members when faced with concerns that affect them and their family member's personal or work lives no matter the issue!
 - Completely and totally confidential resource.
 - Available 24/7
 - Paid for by the College.
 - Working Advantage
 - Discount program that hosts an array of discounts on gym memberships, amusement park tickets, airfare, hotels, concert tickets and more!

- HR Wellness Weekly Email Blast
 - Wellness, EAP, health, other important topics



BCBSM Healthcare Programs

- **Provides preventive care and screenings for children and adults as well as Chronic Care Management for eligible employees**
 - Newborn visits
 - Flu Shots
 - Lipid Profile
 - No copay or deductible met when receiving these services from a provider that is in network.
- **Online doctor Visits for non-emergency situations**
 - Pink Eye, Seasonal Allergies, Headaches
 - No need to leave your home
- **OptumRX Mail Order Drug Program**
 - 2 co-pays for an 84-90 day supply of your prescription
- **Benefit Resource Center**
 - Center designed to provide employees with a responsive, consistent, hands-on approach to benefit inquiries.
 - Benefit specialists are available to research and solve elevated claims, unresolved eligibility problems and any other benefits issues with which you might need assistance.
 - The BRC has specialists that are experienced and their primary responsibility is to assist you!
- **Healthcare and Dependent Care Flexible Spending Accounts**
 - Allows you to set aside pre-tax dollars to cover qualified expenses you would normally pay out of your pocket with post tax dollars. You pay no federal or state income taxes on the money you place in an FSA.
- **Blue 365 Discount Program**
 - Allows members to access special member discounts and trusted health and wellness resources.

403b Employee Savings Plan



For eligible employees

- TIAA – host of online financial tools
- On call consultant, Jason May to assist with financial planning needs

LinkedIn Learning

- Learning platform that provides access to insightful material that helps employees build their knowledge base.
 - On Demand Video Based Content
 - Webinars
 - Training modules
 - Certification Courses
 - Expert-led course videos



Community Connections

- Coffee Hours with Staff Assembly Executive Team
- Faculty Professional Development Series - Academic Affairs
- End of Year Celebration/Gift
- MySSP
 - MySSP Crisis Support Line 24/7 at 1-877-757-7587
- DEI Lecture Series & Community Programming
- Celebrate Diversity Blog Sessions
- [Local Diversified Wellbeing Resources](#)
- [Inclusive Excellence Resource Guides](#)

Celebrating Diversity Blog



Featured News: December 14 2020

Celebrating
Diversity in
December

This month, the Office for Institutional
Equity and Inclusion lifts up a few



Featured News: November 26 2020

November 2020
is National Native
American
Heritage Month

The Seven Dimensions to Wellness



- Wellness is commonly viewed as having seven dimensions: *mental, physical, social, financial, spiritual, environmental, and vocational*.
- Wellness is not just the absence of disease, illness or weakness. It is a conscious development of the whole self. Wellness is intentions, choices, and actions leading toward the best overall-being of you so that instead of surviving, you're thriving.
- Wellness is your intentions, choices, and actions.



Next Steps.....

- All wellness information is going to be housed in one area on our intranet
 - Email coming soon on where you can access all of this information.
 - HR staff will be sending out an email with all pertinent links and contact information discussed today.
- A QR code has been created for feedback following today's meeting
 - Let us know what you think! We value your feedback!

Thank you for your feedback!



Scan me to complete a brief
survey regarding our Wellness
Initiatives