

Make the most of HEALTHY YOU in 2015/2016

**EARN
\$150**

Wellesley College continues to offer a series of educational tools and programs designed to help improve your well-being in 2015-16. Below are several opportunities you can take advantage of on the road to your best health.

Visit <http://wellesley.edu/hr/benefits/healthyyou> for more tools and information.

OCTOBER

Mind the Moment: Exploring the Practice of Mindfulness – (Level One, 6 sessions)



Every Wednesday,
October 7th – November 11th
Green Hall Room 141
12:30 p.m. – 1:30 p.m.

Our flagship multi-week course offers close study in a variety of mindfulness-based topics, including basic practices like the body scan and sitting meditation, as well as walking meditation, gentle stretching, and mindful communication. This course is valuable both for newcomers and as a refresher for seasoned practitioners.

Celebrating 65 Seminar



October 26th
College Club, Dinner Provided
5 p.m. – 6:30 p.m.

Harvard Pilgrim's Celebrating 65 educational seminar will provide answers to your questions about Social Security and Medicare. Learn about your Medicare health care options so when you retire, you'll have the knowledge you need to make informed decisions. The program is open to all employees to gather information for yourself, a friend or family member.

NOVEMBER

Benefits Fair



November 10th
Alumnae Ballroom
Drop in between 8:30 a.m. and 12:00 p.m.

Spouses welcome!

Flu shots, Biometric screenings, Hydration and Sports Drinks Information Table, Chair Massage, Vendors, prizes, Posture Clinic, Breakfast & More!

To register for these events, go to the Whole You events calendar at www.wellesley.edu/hr/events and the event will be added to your personal calendar, or call x3202.

over for more >>

KNOW YOUR NUMBERS and take your Health Questionnaire (HQ) – it's good for you and your wallet!

Wait six months since the last time you completed the HQ, as you are able to complete the HQ once in a 6 month period.

To earn the **\$150 incentive**, you must complete the activities by June 30th.

FACULTY & STAFF ENROLLED IN A WELLESLEY HEALTH PLAN

- 1 Complete the HQ.** Go to www.harvardpilgrim.org/wellesleycollege to access the HQ.
- OR Attend the biometrics screening event** on November 10th at the Benefits Fair in the Alumnae Ballroom between 8:30 a.m. and 12:00 p.m.
- 2 And do ONE of the following:**
 - Download the mobile App for AllOne Health and/or meQuilibrium;
 - Visit the Whole You events calendar on the HR home page and register for a presentation or a web event at www.wellesley.edu/hr/events.

FACULTY & STAFF NOT ENROLLED IN A WELLESLEY HEALTH PLAN

- 1 Attend the biometrics screening event** on November 10th at the Benefits Fair in the Alumnae Ballroom between 8:30 a.m. and 12:00 p.m.
- OR Do BOTH of the following:**
 - Download the mobile App for AllOne Health and/or meQuilibrium;
 - Visit the Whole You events calendar on the HR home page and register for a presentation or a web event at www.wellesley.edu/hr/events.

For spouses enrolled in a Wellesley health plan Spouses may complete the online Health Questionnaire to earn **\$50.00**. Go to www.harvardpilgrim.org/wellesleycollege to access the HQ.



Harvard Pilgrim
HealthCare

All programs are confidential and will be conducted by Harvard Pilgrim. Wellesley College does not have access to your personal health information.

Come Learn About the PPO Plus HSA Plan



November 12th or November 20th
Library Lecture Room
12:30 p.m. – 1:30 p.m.

Learn about how the PPO Plus HSA Plan works in comparison to our HMO.

The PPO Plus HSA Plan offers lower premiums and a higher annual deductible. For most people, the lower premium outweighs the higher deductible. That's because there are safeguards in place to limit the amount you will pay in a year.

The College is giving you incentives to enroll:

- In 2016 and 2017, the college will deposit half of the deductible amount into your Health Savings Account (HSA) – \$750 for individual coverage and \$1,500 for family coverage. This money is yours. It will be available for you to use for medical expenses into the future.
- The College will also contribute 77.5%* of the premium (instead of 75%) when you elect the PPO Plus HSA Plan (making it 15% less than the cost of the HMO option) for faculty and staff.

Some of the features of the plan are:

- The plan covers many preventive services in full (if care is received from an in-network provider).
- You have a choice to receive benefits from in-network or out-of-network providers.
- You must meet the annual deductible (\$1,500 for individual, \$3,000 for family) before the plan begins paying benefits.
- After you reach the deductible, the plan generally pays 100% of the cost for in-network care.
- The plan includes an out-of-pocket maximum (your deductible and the 20% you pay).
- The plan pays 100% after you reach your out-of-pocket maximum.

* Collective bargaining employees will receive a 75% contribution.

JANUARY

The Happiness Recipe



January 19th
Library Lecture Room
12:30 p.m. – 1:30 p.m.

Today, because of stress, time constraints, a sedentary life style and the modern diet, we have stripped ourselves of many nutrients essential to a happy and healthy brain. This session looks at the effect of the modern diet and how you can regain your happiness.

FEBRUARY

Nutrition Myths



February 17th
Library Lecture Room
12:30 p.m. – 1:30 p.m.

Are oysters really an aphrodisiac? Does Vitamin C prevent colds? Do grapefruit and vinegar really burn fat? Is red meat really bad for the heart? We'll dispel common nutrition myths and get to the real nutrition truths.

MARCH

Mindfulness 2.0: Deepening Practice – (Level Two, 6 sessions)



Every Thursday, March 3 – April 7
Houghton Multifaith Room
Session 1 & 6, 12:15 p.m. – 1:30 p.m.
Sessions 2–5, 12:30 p.m. – 1:30 p.m.

Individuals who have previously participated in the multi-week mindfulness course described above, and are looking to expand their understanding of the principles and practices of mindfulness, are a perfect fit for this course, which emphasizes practice and delving into students' questions.

In Mindfulness 2.0, greater weight is placed on integrating a range of mindful practices into the fabric of daily life, and to examining how those practices can work together to provide insight into how we relate to the world around us.

Aside from sitting meditation, movement practices, and mindful communication, material that will be covered includes the compassion practice known as loving-kindness meditation, and probing the common challenges to engaging in mindfulness that every practitioner faces.

3RD ANNUAL WALKING CHALLENGE

The 3rd Annual **ACTIVE YOU** Walking Challenge will launch at a celebration party in late March at the Alumnae Ballroom. **Details will follow.**

The Wrap-up Award Celebration event will be on **June 7th** from 3:30 to 5:00 in the Alumnae Ballroom.

Visit www.wellesley.edu/hr/benefits/healthyyou for details about last year's Walking Challenge.

MAY

Get motivated, Get moving



May 3rd
Wang Center 413
12:30 p.m. – 1:30 p.m.

This session is for those who want to kick their exercise up a notch! Learn how to safely begin and stick with a routine exercise program. Avoid common pitfalls to be active for life.