



EMPLOYEE WELLNESS

University of Vermont



NOVEMBER



Focus Five is still ongoing!

2018 Incentive Program

Discover all the details on the [Employee Wellness Webpage](#). The first 555 participants win a prize! (Awarded weekly.) Complete your Focus Five by December 21st! Remember, you must complete your [Health Assessment](#) to be eligible for a prize.



Invest EAP

Did You Know?

EAP offers you the opportunity to meet confidentially and free of charge with a specialist who can help you with a wide range of life issues that may be impacting you or your job. Visit [Invest EAP](#) to view all resources or sign up for an [on campus appointment](#).



UVM Benefits Open Enrollment

Open Enrollment will take place from October 29th – November 21st for benefits-eligible employees. Open Enrollment is the only time that employees can add, drop, or change their UVM benefits without experiencing a qualifying event. Please note that employees who elect to waive medical coverage or enroll in flexible spending must submit new forms annually. Additional benefit information can be found online at the [Benefits Information for UVM Faculty and Staff](#) webpage.

Faculty/Staff Annual Group Fitness Passes

Campus Rec has a limited number of annual wellness passes (valid through 9/6/2019). The passes are \$190 for unlimited group fitness classes and are available for full-time UVM faculty and staff. Purchase yours today!

Contact fitness@uvm.edu

Upcoming Lunch & Learn: How to Reach Optimal Metabolic Fitness

- When: December 11th from 12-1pm
- Where: Waterman 338 (Memorial Lounge)

Please visit Employee Wellness to [register!](#)

Contact

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