

HEALTHY YOU CALENDAR OF FALL EVENTS

The *Healthy You* team is pleased to present a series of programs and opportunities to help you understand, improve, and maintain different aspects of your health. The series addresses:

- General Health and Fitness
- Financial Fitness
- A Benefit Highlight
- General Resources

We encourage you to explore the options and participate in what best meets your needs. Stay tuned for additional announcements throughout the fall.

GENERAL HEALTH AND FITNESS

VIRGIN PULSE

The *Healthy You* Virgin Pulse program challenges you to meet specific health-related goals; by meeting them, you can earn up to \$100/quarter. The next quarter begins October 1. Challenge yourself to earn \$100 by the end of December; start the New Year with \$100 to spend!

Not yet a member? Get your NU ID, available on myNEU, and [click here](#).

You can use the MAX digital pedometer provided at no charge when you first enroll or one of the compatible devices, including a [FitBit](#).

DANCE CLASSES

Want to try a new dance step? Now is your chance.

DANCE STYLE: BOLLYWOOD

Thursday, September 14, Dance Studio, CSC, 12:00-1:00; Jimika Mehta will lead the class.

DANCE STYLE: IRISH STEP

Thursday, September 28, Dance Studio, CSC, 12:00-1:00; Peggy Woods Doherty will lead the class.

DANCE STYLE: SWING

Thursday, October 19, Dance Studio, CSC, 12:00-1:00; Eileen Herman-Haase will lead the class.

DANCE STYLE: SALSA

Thursday, November 16, Dance Studio, CSC, 12:00-1:00; Eileen Herman-Haase will lead the class.

To participate in one or more of the dance classes, [click here](#).

YOGA AND TAI CHI CLASSES

Discover whether Yoga or Tai Chi might enhance your movement, breathing, and concentration.

INTRODUCTION TO TAI CHI

Thursday, September 21, Dance Studio, CSC, 12:00-1:00; Ben Warner will lead the class.
Wear comfortable clothes.

INTRODUCTION TO YOGA

Thursday, October 5, Dance Studio, CSC, 12:00-1:00; Jessica Seligman will lead the class.
Wear comfortable clothes; bring a yoga mat or beach towel.

INTRODUCTION TO TAI CHI

Thursday, October 26, Dance Studio, CSC, 12:00-1:00; Ben Warner will lead the class.
Wear comfortable clothes.

To participate in Yoga and/or Tai Chi, [click here](#).

PROTECT YOURSELF FROM THE FLU

Tuesday, October 10, 2017, Raytheon Amphitheater

The *Healthy You* team, in conjunction with Blue Cross Blue Shield, is offering the opportunity to receive a free flu shot. Sign-up information will be emailed at the end of September.

If you are unable to attend the event and are a member of one of the health plans offered by Northeastern, Blue Cross Blue Shield partners with a wide range of providers, including physicians, minute clinics, urgent care centers, and more to provide flu shots at no cost.

MARINO MEMBERSHIP

Join Northeastern's state of the art fitness facility; take advantage of great equipment, trainers, instructional programs, and a great price, \$270/year. If you are a member of one of Northeastern's health plans and are eligible for the \$150 reimbursement for gym membership, after you factor in the the reimbursement, the annual out of pocket cost equates to \$10/month.

To enroll, go to:

- MyNEU
- Service and Links
- Faculty Staff Services
- Campus Recreation Membership Payroll Deduction

WEIGHT WATCHERS AT WORK

Weekly meetings take place each Wednesday, CSC 435, 10:00 – 11:00. A new session starts September 13. Members of one of Northeastern's health plans may be eligible for up to \$150 reimbursement for weight loss programs.

FINANCIAL FITNESS –INVESTING FOR RETIREMENT

NORTHEASTERN'S RETIREMENT PLAN

Invest in your financial health and future. Whether you are already enrolled in Northeastern's retirement plan or need to learn more about it, these three seminars, presented by representatives from Fidelity and TIAA, can help you learn the basics of retirement planning or fine-tune your strategies.

[Stacy Saravo](#), Senior Benefits Administrator, will be present at each session to answer questions as well.

GETTING A HEAD START

Monday, September 11, Alumni Center, 10:00-11:30

Presented by TIAA

Whether you have already enrolled in Northeastern's retirement plan or are still exploring your options, this is great opportunity to learn more about the retirement plan benefits offered at Northeastern, the advantages of a retirement program, and how to create a retirement strategy.

To enroll in *Getting a Head Start*, [click here](#).

MAKE THE MOST OF YOUR RETIREMENT SAVINGS

Tuesday, October 10, Alumni Center, 10:00-11:30

Presented by Fidelity Investments

Learn the importance of saving, the different types of accounts available, and ways to preserve and grow your savings to last throughout your lifetime.

To enroll in *Make the Most of Your Retirement Savings*, [click here](#).

CONFIDENT INVESTING IN ANY MARKET

Thursday, November 9, Alumni Center, 10:00-11:30

Presented by Fidelity Investments

Gain insight into different ways to navigate market changes. Learn how to monitor your investment portfolio, diversify your assets, and set a long-term strategy that works for you and your family.

To enroll in *Confident Investing in Any Market*, [click here](#).

For instructions about how to enroll in Northeastern's retirement plan, visit the [Retirement](#) section of the [Benefits](#) tab on [HRM's homepage](#).

BENEFIT HIGHLIGHT

BEST DOCTORS

To help make sure you have the right diagnosis, right treatment, and right care, you can consult Best Doctors. At no cost to you, they can provide you and your family with an in-depth review of your medical case conducted by an expert specialist as well as advice about your medical treatment. Call 1.866.904.0910 or visit members.bestdoctors.com.

GENERAL RESOURCES

At Northeastern, we're dedicated to providing you with a broad spectrum of [benefits and programs](#) that meet your needs – wherever you are in life.

BLUE CARE LINE

The Blue Care Line, 888.247.2583, enables everyone who is a member of one of Northeastern's health care plans to ask medical question of a health care professional at any time, 24 hours/day, 7 days/week.

CARE.COM

As a member of the Northeastern community, your membership fee for Care.com is waived! Northeastern provides subsidized coverage for back-up child and elder care through Care.com. In addition, Care.com offers a wide range of helpful resources from cleaning your home to pet care, from yard work to after school programs. If you have not yet activated your free membership, visit northeastern.care.com or call 855.781.1303.

E4HEALTH

E4health, Northeastern's Employee Assistance Program, (EAP) offers a wide range of resources at no charge to you and/or members of your family. E4Health provides up to six free confidential counseling sessions per incident such as a child's adjustment to a new school, grief following a loss, or a difficult transition. Call 877.739.3989 or visit helloe4.com (User Name: northeastern university, Password: guest)

FARMERS MARKET

Ward's Berry Farm is present every Wednesday, until October 25, on Centennial Common by Ruggles. Buy fresh fruits and vegetables as well as jams, jellies, and breads.

GYM MEMBERSHIP REIMBURSEMENT

Members of one of Northeastern's health plans may be eligible for up to \$150 reimbursement for gym memberships. To learn more, visit the [Fitness and Wellness](#) section of the [Benefits](#) tab on [HRM's homepage](#).

WEIGHT LOSS REIMBURSEMENT

Members of one of Northeastern's health plans may be eligible for up to \$150 reimbursement for qualified weight loss programs such as Weight Watchers. To learn more, visit the [Fitness and Wellness](#) section of the [Benefits](#) tab on [HRM's homepage](#).

Northeastern University
Human Resources Management