



THE UNIVERSITY of  
NEW ORLEANS

The

# Employee Benefits Bulletin

June 2024  
Volume 8 Issue 1

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The Employee Benefits Office is here for you.

Email us at [hrambenefits@uno.edu](mailto:hrambenefits@uno.edu)

Or check out our website!

[Benefits Website](#)

If you want to know more about your benefits, or the benefits that UNO employees have access to, visit our website and explore what we have available.

Benefits Website Guest Log in information:

**Username:** UNO

**Password:** [Benefits1](#)





### PTSD Awareness Month

PTSD (post-traumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

Anyone can develop PTSD at any age. There are factors that can increase the chance someone will develop PTSD, and these are often not under that person's control. To begin understanding PTSD:

- Start with [PTSD Basics](#). This page offers key information about trauma, PTSD, and treatment options.
- Download the [Understanding PTSD and PTSD Treatment](#) (PDF) booklet.
- Participate in free, in-depth [Continuing Education Courses](#) for more advanced information. Professionals can earn continuing education credits for most courses.

### Understand PTSD Treatment

There are options for treating PTSD. For many people, effective treatments lessen the intensity or get rid of symptoms altogether. Take the mystery out of PTSD treatment:

- Watch this short [whiteboard video](#) PTSD Treatment: Know Your Options to learn which treatments are best.
- Use the [PTSD Treatment Decision Aid](#) to find the treatment that is best for you.
- Visit [AboutFace](#), a website where Veterans, their family members, and clinicians talk about turning life around with PTSD treatment.

Despite effective treatments, many people with PTSD don't seek help. Everyone with PTSD, whether they are Veterans or civilians, needs to know that treatments work and can improve their quality of life.

### Pennington Biomedical Encourages You to Add More Fruits and Vegetables to Your Diet

This month, our small shift is all about boosting your intake of fruits and vegetables. These nutrient-packed powerhouses can significantly improve your overall health, energy levels, and mood. Whether it's adding a handful of berries to your breakfast, snacking on carrot sticks, or incorporating a side salad into your lunch, small changes can lead to big benefits. Here are a few easy ways to start adding more fruits and veggies to your diet:

- **Smoothie Boost:** Start your day with a vibrant fruit and veggie smoothie. Try blending spinach, banana, and berries for a delicious and nutritious kick-start to your morning.
- **Snack Smart:** Keep sliced veggies like carrots, cucumbers, and bell peppers on hand for quick, healthy snacks.
- **Mealtime Makeover:** Add an extra serving of vegetables to your meals. Stir fresh or frozen veggies into soups, stews, and pasta dishes.
- **Fruit First:** Swap out your usual dessert for a piece of fruit or a fruit salad.

### Practice Some Mindful Breathing with Pennington Biomedical

Practicing mindful breathing is a simple yet powerful tool for managing stress and improving mental wellbeing.

- 1.) Here's how can you get started: Get comfortable: Lay down in a comfortable place or take a seat in your favorite armchair, making sure you feel fully supported and relaxed.
- 2.) 4-7-8 Breathing: Breathe in through your mouth for 4 seconds, hold a full breath for 7 seconds, then breathe out for 8 seconds. Repeat 5-8 times
- 3.) Relax: After deep breathing, take time to relax.

## Live Better Louisiana

Earn your 2025 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with an industry leader, Catapult Health, to bring preventive checkups to a site near you. You can schedule a free checkup with a licensed nurse practitioner and health technician through the online scheduler. You'll get lab-accurate diagnostic tests and receive a full **Personal Health Report** with checkup results and recommendations.

**What do you do?** Schedule your appointment online at [www.TimeConfirm.com/OGB](http://www.TimeConfirm.com/OGB) or call **1-877-841-3058**. Complete your clinic to get the credit. If you are not able to go to a clinic, have your doctor fax a completed Primary Care Provider form, found at [info.groupbenefits.org](http://info.groupbenefits.org), to Catapult Health.

### Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **September 30, 2024** to get your preventive health checkup in order to be eligible for the 2025 wellness credit!

#### Live Better Louisiana Clinics

Date	Location
<b>06/03 – 07/24</b>	St. Bernard PSB (Chalmette)
	Bossier Parish Community College (Bossier City)
	Dept of Agriculture and Forestry (Baton Rouge)
	Dept of Natural Resources - LaSalle Building (Baton Rouge)
	State Treasurer's Office (Baton Rouge)
	St. Landry PSB - Resource Center (Opelousas)
	Central Louisiana State Hospital (Pineville)
	Capital Area Human Services District (Baton Rouge)
	FPHSA Slidell Behavioral Health Clinic (Slidell)
	Delgado CC City Park (New Orleans)
	Office of Public Health Laboratory (Baton Rouge)
	East Baton Rouge Housing Authority (Baton Rouge)
	Livingston PSB - Denham Springs ES (Denham Springs)
	Southwest Louisiana War Veterans Home (Jennings)
<b>06/10 – 14/24</b>	St. Bernard PSB (Chalmette)
	Probation and Parole (Shreveport)
	Zwolle Elementary School (Zwolle)
	Livingston PSB - Central Office (Livingston)
	Louisiana State Penitentiary (Angola)
	DOTD Houma/D02 Administration Office (Houma)
	Concordia PSB - Vidalia High School (Vidalia)
	Evangeline PSB - Ville Platte High School (Ville Platte)
	Probation and Parole (Alexandria)
	Raymond Laborde Correctional Center (Cottonport)
	Rayburn Correctional Center (Angie)
DEQ - Southeast Regional Office (New Orleans)	
Pinecrest Supports and Services Center (Pineville)	
<b>06/17 – 21/24</b>	Bogalusa City School System - Central Office (Bogalusa)
	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
	Assumption PSB - Central Office - Media Center (Napoleonville)
	LDAF/Woodworth Complex (Woodworth)
	Probation and Parole (Baton Rouge)
	DCFS (Thibodaux)
	Florida Parishes Human Services Authority (Hammond)
	Louisiana Public Broadcasting (Baton Rouge)
	St. Landry PSB - Resource Center (Opelousas)
	Northeast Delta Human Services Authority (Monroe)
	Southeastern Louisiana University (Hammond)
<b>06/24 – 28/24</b>	Jefferson PSB - Emenes Building (Harahan)
	Assumption PSB - Pierre Part Middle/Primary School (Pierre Part)
	SOWELA Tech Community College (Lake Charles)
	DCFS (Shreveport)
	Southeast Louisiana Veterans Home (Reserve)
	Louisiana Dept of Environmental Quality - Galvez Building (Baton Rouge)
	Claiborne Building (Baton Rouge)
	Elayn Hunt Correctional Center (St. Gabriel)
	Delgado CC Sidney Collier College (New Orleans)
	Coastal Protection and Restoration Authority Headquarters (Baton Rouge)

# The Future's Looking Bright!

Access2day's Guide to Men's Health this summer

June marks Men's Health Awareness Month, a time dedicated to highlighting health initiatives and preventative measures specific to men. While this focus is crucial, it's equally important to maintain mindfulness about health every month. With Access2day Health, accessing preventive health screenings through your health plan has never been easier or more convenient, and it's available at no cost to you. Take charge of your health today, get your Live Better Louisiana Annual Wellness Checkup at \$0, and receive a \$120 credit on your 2025 health insurance premiums!

## Summer Safety Tips

As temperatures rise and outdoor activities beckon, it's essential to prioritize your well-being. Let's dive into some valuable tips and reminders:

- **Beat the Heat:** Did you know men are more likely to die of melanoma than women? As the sun shines brighter and the days get longer, it's crucial to protect yourself from the heat. Stay hydrated by drinking plenty of water and avoid strenuous activities during the hottest part of the day. Also, remember to apply sunscreen with at least SPF 30, wear protective clothing, and seek shade during peak sun hours to prevent sunburn and reduce the risk of skin cancer.
- **Exercise Outdoors:** Take advantage of the beautiful weather and move your workout outdoors! Outdoor exercise not only provides physical benefits but also boosts mood and mental well-being. Try activities like hiking, cycling, or playing sports with friends and family to stay active and energized.
- **Celebrate Summer with a Checkup:** Regular checkups and preventive screenings are crucial for maintaining good health. Schedule annual wellness exams, blood pressure checks, cholesterol tests, and vaccinations to stay proactive about your health. Prevention is key to catching any potential issues early and ensuring a long and healthy life.

Remember, your health is your most valuable asset, so make it a priority this summer and beyond. Stay safe, stay active, and take proactive steps to protect and nurture your well-being. Here's to a happy, healthy summer ahead!

Find your nearest Access2day Health clinic today: <https://access2dayhealth.com/locations>

**June is Men's Health Awareness Month:**

**Take a Step Toward Better Health!**

Visit Any Access2day Clinic for Your **\$0** Live Better Louisiana Wellness Exam

ACCESS2day HEALTH | ogb



Are You on Track to  
Meet Your Financial Goals?

**LET'S TALK.**



**Financial Wellness 360**



Guidance for mid-to late-career  
employees' financial life

**You've built a solid financial foundation, now is the time to take your financial wellness to a whole new level. Have you spent your early career staying focused on budgeting, saving, and managing debt? If so, it's time to take your financial wellness to a whole new level.**

**Financial Wellness 360** provides a holistic assessment of your goals, for your life and your money, with strategies to build on your financial foundation to achieve your milestones on time and with confidence. This is a whole new level of financial wellness. Join Rebecca Martin for your complimentary, no-obligation Financial Wellness 360 appointment. This appointment includes:

- One-on-one appointment with a Prudential Financial Professional.**
- Thorough evaluation of your current financial needs and goals.**
- Guidance to help you navigate day-to-day and future financial decisions.**
- Next steps for a personalized foundational planning report.**

Rebecca's office hours are 9:00am-4:00pm (CT) on 6/18 and 6/26 and by appointment only. To schedule an appointment, click the link below to select a time that works best for you.

[Click here to register](#)

# Premium Discount Reminder!

## Save \$120 Annually on Your Health Insurance Premium!

If you're enrolled in a Blue Cross and Blue Shield of Louisiana health plan through OGB, you can save \$120 annually (\$10/month) by participating in the Live Better Louisiana wellness program.



### 2024 Live Better LA Clinics at UNO:

August 6th

Where: University Center Rooms 204 & 206

When: 8:00am – 4:00pm

## Live Better Louisiana

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You can schedule a free checkup with a licensed nurse practitioner and health technician through the online scheduler. You'll get **lab-accurate diagnostic tests** and receive a full **Personal Health Report** with checkup results and recommendations.

Schedule your appointment online at [www.TimeConfirm.com/OGB](http://www.TimeConfirm.com/OGB) or call **1-877-841-3058**.

Complete your clinic to get the credit. If you are not able to go to a clinic, have your doctor fax a completed Primary Care Provider form, found at [Live Better Louisiana | Office of Group Benefits](#), to Catapult Health.



**Don't Miss Our Live Better Louisiana Catapult Wellness Exam Webinar!**

**July 13th  
10:00 AM – 10:30 AM CST**

[Click Here to Register for Webinar](#)

hello,

# SUMMER

workshops

## Hello to summer workshops!

You can count on two things during the summer season: sunny skies and TRSL workshops. We'll serve up valuable resources and information about your retirement! Before you know it, you'll be on your way and back to soaking up the sun.

## Upcoming Workshops:

### Planning for Your Retirement

If you're within 10 years of retirement or DROP, this event is for you. In-person workshops and webinars are available. Let us help you get ready for your future retirement.

[Events - TRSL - Teachers' Retirement System of Louisiana](#)

### TRSL and SSA

This popular webinar features a special guest! A representative with the Social Security Administration will join us on Zoom to talk about how the Social Security offsets — Windfall Elimination Provision (WEP) and Government Pension Offset (GPO) — may affect your SSA benefit upon your TRSL retirement. And...we'll cover the basics about your TRSL benefit, too.

[Events - TRSL - Teachers' Retirement System of Louisiana](#)

### DROP & Beyond

Are you currently participating in DROP or working after DROP? This Zoom workshop is designed just for you!

[Events - TRSL - Teachers' Retirement System of Louisiana](#)

We've spotlighted a few of the more popular workshops and webinars. To see the full lineup, click here:

[Workshops - TRSL - Teachers' Retirement System of Louisiana](#)

**QUESTIONS:** Contact [retire.edu@trsl.org](mailto:retire.edu@trsl.org).

### Meet with a Voya Financial Advisor

Personal One-on-One Appointments are Available

Let's discuss topic's such as...

- Retiring Soon, how to prepare, what to expect.
- New Enrollments (and/or) Rollovers
- Review Existing Account/s
- How to better Plan for the future?

**On-Campus One-on-One Meetings at**  
UNO - University Center  
Room # 210

Available On This Date:

Wednesday, June 26, 2024

Virtual Meetings can be  
scheduled on any other day.

### Special Request, please call

Shirl Darce Voya Financial Advisors  
Phone 504-620-5589  
shirl.darce@voyafa.com  
voya.com

## Meet your dedicated and local representative for your Louisiana Deferred Compensation Plan



**Will Parrie**

Retirement Plan Advisor

[will.parrie@empower.com](mailto:will.parrie@empower.com)

Mobile: 504-247-5996

Your Retirement Plan Advisor is available to provide you one-on-one counseling with personalized account services at no cost to you, such as:

- Enrollment
- Contributions
- Retirement readiness
- Investment choices
- Account review
- Comparison of retirement plans
- Rollovers — Consider all your options and their features and fees before moving money between accounts.



Your local Retirement Plan Advisor is a salaried professional with one goal: to help prepare you for retirement.

Meeting your retirement goals can start with your local Retirement Plan Advisor! To set up a one-on-one appointment or to find out about upcoming retirement planning seminars, contact Will at **504-247-5996** or [willparrie.empowermytime.com](http://willparrie.empowermytime.com).