



THE UNIVERSITY of
NEW ORLEANS

U N O

The

Employee

Benefits

Bulletin



IN THIS ISSUE:

| | |
|---|-----------|
| Save the Date: Benefits Fair..... | Page 2 |
| July OGB Newsletter..... | Pages 3-6 |
| Live Better LA Clinics and Webinar..... | Page 7 |
| TRSL Summer Workshops..... | Page 8 |
| TIAA Counseling Meetings..... | Page 9 |
| Supplemental Retirement VOYA..... | Page 10 |
| Remembering our UNO Community..... | Page 11 |

The Employee Benefits Office is here for you.

Email us at 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



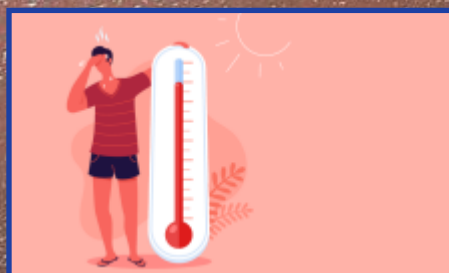
Avoid Overheating in the Summer Sun!

Every day can feel like a scorcher during the summer months. That is why it is important to take the heat seriously since overheating can pose a risk to your health.

Here are a few ways to prevent heat exhaustion when it's *really* hot outside:

1. **Avoid becoming dehydrated** - Staying properly hydrated can help your body regulate its temperature.
2. **Dress for the heat (and humidity)** - It's important to dress light when it's hot. Humidity also affects your ability to sweat, so if it's hot *and* humid, consider wearing moisture-wicking fabrics.
3. **Seek A/C or shade as often as possible** - After being cooped up inside all day, getting outdoors can be a great reprieve. But, when it's really hot, you may consider staying indoors during the hottest parts of the day.
4. **Exercise indoors or early in the morning** - Strenuous activity can make it even easier to overheat on a hot, humid day. Consider switching to workouts you can do indoors. If your workout requires being outside, plan for an early morning workout.
5. **Know the signs of heat exhaustion and when to seek emergency care** - According to the CDC, heat exhaustion can involve symptoms such as:
 - a. Weakness
 - b. Cramps
 - c. Nausea and vomiting
 - d. Headache
 - e. Fainting

If steps aren't taken to reduce overheating, heat exhaustion can progress to heat stroke — the most severe form of heat illness. Heat stroke is a medical emergency that requires immediate treatment in an emergency room.



Don't Forget the Water!

Since water makes up more than two-thirds of the human body's weight, keeping properly hydrated during the summer months is very important to your overall health. When leading a healthier lifestyle, one of the simplest changes you can make is drinking more water instead of beverages loaded with sugar and calories.

"Do's and Don'ts" for keeping hydrated:

Do's

- ✓ Drink at least 8 glasses of water a day to remain hydrated.
- ✓ Drink 8-10 oz. of water every 15 minutes during a run and another 10-12 oz. immediately following a workout.
- ✓ Have children take water breaks every 15-20 minutes while playing outside or participating in a sports activity. Get kids in the habit of always carrying cold water when they go outside to play (ride bikes, skateboard, etc.).
- ✓ When packing the car for a weekend trip, don't forget to include water in the cooler. Freeze a partially full bottle of water the night before a trip and fill it with more bottled water before you leave and you'll have instant chilled water.

Don'ts

- ✗ Don't wait until you feel thirsty to drink water, you're already experiencing the signs of dehydration.
- ✗ Don't substitute soda or juice as a proper beverage to prevent dehydration. Most sodas contain sugar and caffeine which may speed up dehydration.
- ✗ Don't drink surface water from lakes, rivers, or pools. This water is often untreated and could contain harmful contaminants.
- ✗ Don't expect the coach or other adult supervisors to provide beverages for children during sports activities or summer camp.



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 or call 1-877-841-3058. Complete your clinic to get the credit. If you cannot go to a clinic, have your doctor fax a completed Primary Care Provider form, found at 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 to be eligible for the 2025 wellness credit!

| Live Better Louisiana Clinics | |
|--|--|
| Date | Location |
| 07/01 – 05/2024 | River Parishes Community College - Gonzales, LA |
| | Richland Parish Central Office - Rayville, LA |
| | Many Elementary - Many, LA |
| 07/08 – 12/2024 | Bossier Parish CC - Bossier City, LA |
| | Claiborne Building - Baton Rouge, LA |
| | DOTD District 62 - Hammond, LA |
| | Pinecrest - Pineville, LA |
| | Galvez Building - Baton Rouge, LA |
| | Lafourche Parish Medicaid Office - Thibodaux, LA |
| | Ouachita PSB - Central Office - West Monroe, LA |
| | Concordia PSB - Central Office - Vidalia, LA |
| | Court of Appeals 2nd Circuit - Shreveport, LA |
| | Delgado CC City Park - New Orleans, LA |
| 07/15 – 19/2024 | Claiborne Parish Central Office - Homer, LA |
| | ImCal Admin/DD Office - Lake Charles, LA |
| | Galvez Building - Baton Rouge, LA |
| | LA Delta Community College - Winnsboro, LA |
| | LA Delta Community College - West Monroe, LA |
| | Lallie Kemp Charity Hospital - Independence, LA |
| | Office of Attorney General - Baton Rouge, LA |
| | BRCC - Baton Rouge, LA |
| | Housing Authority of New Orleans - New Orleans |
| | LA Delta Community College - Ruston, LA |
| 07/22 – 26/2024 | TRSL - Baton Rouge, LA |
| | Elayn Hunt Correctional Center - St. Gabriel, LA |
| | LA Delta Community College - Monroe, LA |
| | Central LA Human Services District - Alexandria, LA |
| | Department of Public Safety - Baton Rouge, LA |
| | Franklin PSB - Central Office - Winnsboro, LA |
| | Office of Public Health - Alexandria, LA |
| | Pointe Coupee PSB - Central Office - New Roads, LA |
| | LSU School of Dentistry - New Orleans, LA |
| | Dept of Natural Resources - LaSalle Bldg - Baton Rouge, LA |
| 07/29 – 31/2024 | Dept of Revenue - LaSalle Bldg - Baton Rouge, LA |
| | LDH Bienville Bldg - Baton Rouge, LA |
| | St. Landry PSB Resource Center - Opelousas, LA |
| | Calcasieu Child Welfare - Lake Charles, LA |
| | Department of Public Safety - Baton Rouge, LA |
| | Eastern Louisiana Mental Health System ASSA - Jackson, LA |
| | Eunice High School - St. Landry PSB - Eunice, LA |
| Natchitoches PSB - Central Office - Natchitoches, LA | |
| Red River PSB - Red River HS - Coushatta, LA | |
| Southeastern - Hammond, LA | |
| Livingston PSB - Denham Springs Junior High - Denham Springs, LA | |

Summer Safety Roundup: Ensure Health And Wellness with Access2day!

From taking advantage of the summer months by prioritizing checkups to staying safe from high temperatures and fireworks risks, summer is a time for celebrating wellness and safety. Make health a priority this summer with the following guidelines:

Children's Health: Why Regular Check-ups Are Essential

- **Early Detection:** Identify and address potential health issues before they become serious.
- **Growth and Development Monitoring:** Track your child's growth, development, and milestones.
- **Vaccinations:** Ensure your child is up to date with vaccinations to protect against preventable diseases.
- **Hearing and Vision Tests:** Early detection of sensory issues that could affect learning and development.

4th of July Tips

Don't let unnecessary accidents spoil your celebration. Stay safe this July by following these fireworks safety tips:

- Always keep a source of water on hand in case of an unplanned fire.
- Never aim a firework at another person—or hold one while it's going off.
- Don't allow children to ignite or play around with fireworks.
- Keep fireworks outside! Never set them off indoors.
- Light fireworks one at a time, then quickly keep your distance.
- Never try to pick up or re-light a firework that didn't ignite fully.
- Be sure not to set off fireworks while impaired by alcohol.

Make health and safety a priority this summer! Access2day can help with wellness resources available at all clinic locations:
<https://access2dayhealth.com/locations>



Summer is a perfect time to take your children to the doctor – especially if it's been more than a year since their last checkup.

"A checkup should definitely be on your back-to-school checklist," said Dr. Tracy Lemelle, a pediatrician who is one of Blue Cross' medical directors. "Children grow and develop much faster than adults, and having regular visits with your family's doctor is important. Checkups help you stay on top of any needed shots, screenings or tests your children should have."

In addition to getting needed vaccines, a checkup is a great opportunity to:

- Make sure your child is hitting all age-appropriate milestones for growth and development
- Ask about any concerns you or your child have related to learning abilities or participation in activities
- Check in on your child's mental and emotional well-being, especially if your child is going through a life or family change, has shown ongoing signs of depression, fear or anxiety, or is struggling to make or keep social connections

Most health plans cover an annual wellness visit at very low or no out-of-pocket cost. "Don't wait until the end of summer, when everyone will be trying to get this done," Dr. Lemelle said. "Call the doctor's office today and schedule your child's checkup."

Read more about AAP's schedule of well-child visits:

<https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>

ACCESS2day HEALTH | ogb

Summertime Wellness: Ensure Your Child's Health in Louisiana's Heat!

Visit Any Access2day Clinic for a \$0
Wellness Exam for Your Covered Dependents!





Grilled Mahi-Mahi & Asparagus with Lemon Butter



Ingredients:

- 1-1 1/4 pounds mahi-mahi, wild salmon, tuna, or cod, skinned if desired, cut into 4 portions
- Cooking spray, preferably canola oil
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons butter
- 2 bunches asparagus, trimmed
- 1/2 teaspoon salt plus a pinch, divided
- 1/8 teaspoon garlic powder
- 2 tablespoons lemon juice

Instructions:

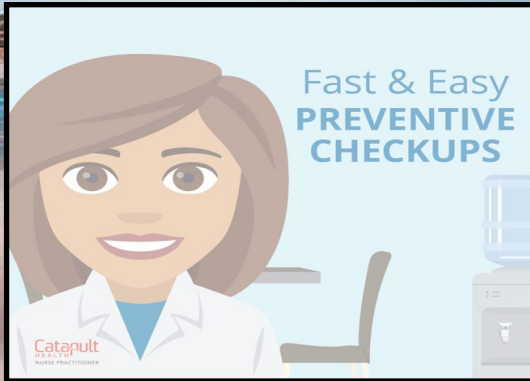
1. Preheat grill to medium-high.
2. Place fish and asparagus on a large rimmed baking sheet and coat both sides with cooking spray; sprinkle with 1/2 teaspoon salt, pepper, and garlic powder.
3. Oil the grill rack. Place the asparagus on one side, perpendicular to the grates; place the fish on the other side. Grill the fish, turning once, until opaque, 3 to 5 minutes per side (depending on thickness); grill the asparagus, turning occasionally, until lightly charred, 5 to 7 minutes.
4. Place butter, lemon juice, and a pinch of salt in a small, microwave-safe bowl. Microwave on High to melt the butter, about 25 seconds. Drizzle each portion of fish and asparagus with about 1 tablespoon of the lemon butter.

For more information, visit us at www.bcbsla.com/ogb

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:

Tuesday, August 6th

Where: University Center Rooms 204 & 206

When: 8:00am – 4:00pm

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.

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

TRSL Workshops!

Do you plan to retire within the next 5-10 years?

Register for an upcoming webinar or in-person workshop near you. Let us help you get ready for your future retirement.



UPCOMING EVENTS

Planning for Your Retirement

» Online and In-person Sessions

[Register Here](#)

The session will cover these questions (and more):

- When will I be eligible to retire?
- How is my benefit calculated?
- What happens to my annual/sick leave?
- What is DROP?
- How do I apply for retirement/DROP?
- When will I get my first retirement check?
- How do I get an estimate from TRSL?
- What questions should I ask Social Security about my SSA benefits and GPO/WEP?

Can't make it in person? Virtual options and our [on-demand webinars](#) are available.

QUESTIONS: Contact retire.edu@trsl.org.

TIAA 403B Retirement Counseling Meetings

2024 TIAA Meeting Schedule

- **Thursday, July 18th, 2024**
- **Tuesday, August 20th, 2024**
- **Tuesday, September 17th, 2024**

Location: UC Room 206

To schedule a meeting: [**Click Here**](#)



BUILT TO PERFORM.

CREATED TO SERVE.

Louis Bundy

Financial Consultant | TIAA Retirement Advice & Consulting

California Insurance License # 0182661

Arkansas Insurance License # 4708482

TIAA

New Orleans, La - by appointment only

Cell: 504-470-5296

Direct: 504-249-4704

louis.bundy@tiaa.org

TIAA.org





Upcoming Voya Meetings:

Wednesday, July 24th: UC Room 204 from 8:00am—4:00pm

Tuesday, August 20th: UC Room 204 from 8:00am—4:00pm

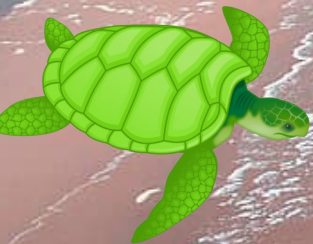
Thursday, September 19th: UC Room 206 Vermillion from 8:00am— 4:00pm.

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?



Special Request, please call

Shirl Darce Voya Financial Advisors

Phone 504-620-5589

shirl.darce@voyafa.com

voya.com

Remembering Our UNO Community



Tarun Mukherjee

September 22, 1945 - June 11, 2024

Dr. Mukherjee was a Professor in the Economics and Finance Department.

He worked for UNO for 42 years.



James Ducote

January 8, 1948 - June 11, 2024

Mr. Ducote was an Office Manager.

He worked for UNO for 23 years and retired on January 11, 1997.



Alicia Aldaya

September 27th 1925 - June 8th 2024

Dr. Aldaya was a Professor who taught Spanish to UNO students for 36 years.