



THE UNIVERSITY of  
NEW ORLEANS

# U N O

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Employee

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Benefits

The Employee Benefits Office is here for you.

Bulletin

Email us at [hmbenefits@uno.edu](mailto:hmbenefits@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**



# OPEN ENROLLMENT

**October 1st 2024—November 15th 2024**

**by 12pm noon.**

## **HOW TO COMPLETE WORKDAY OPEN ENROLLMENT**

**All benefits eligible workers will receive an open enrollment inbox action item.**

- Click on the Open Enrollment inbox item to start the process
- Click Let's Get Started
- Under each plan you will find in blue Manage or Enroll
- Click on Manage to change an existing plan
- Click on Enroll to add a new plan
- Click Review and Sign when complete
- Read and Sign with the Electronic Signature
- Print the View 2025 Benefits Statement

Watch your inbox for other action items that may be required.

For your convenience, we have provided a video link to assist you in

reviewing UNO's supplemental insurances

[Benefits Supplemental Insurances](#)

# 2025 Annual Notice

**Below you will find the link to the 2025 University of New Orleans Annual Notice.**

Please review this notice carefully and keep it handy. It contains details about your current prescription drug coverage with The University of New Orleans and your options under Medicare's prescription drug coverage.

[Click Here](#)



### How to Enjoy Thanksgiving with Your Health in Mind!

Before you pick up your fork and knife this Thanksgiving, consider this fact: The average American consumes 3,000-4,000 calories at their Thanksgiving dinner. Use these simple tips below to enjoy a delicious holiday meal without having to loosen your belt.

- **EAT SOMETHING SMALL BEFORE THE BIG MEAL:** Avoid sitting down to Thanksgiving dinner completely ravenous with a growling stomach. Eat a balanced breakfast in the morning to prevent you from grabbing anything you can get your hands on when it's finally time to eat.
- **DRINK WATER:** Make sure you stay well hydrated by drinking water throughout the day and during your meal. Shoot for half an ounce per pound of body weight as your target
- **LIQUID CALORIES ADD UP:** Don't forget that all of your favorite holiday beverages have calories too. A glass of wine is about 120 calories whereas a cup of eggnog can clock in at about 400 calories!
- **ARE YOU THE HOST?** Encourage guests to bring containers to package to bring home leftovers so you aren't stuck with all of the remaining food.
- **MINGLE:** Instead of hovering over the appetizers before dinner and mindlessly munching, catch up with friends and family members you haven't seen in a while or play a game.
- **SCAN AND PLAN:** Before loading your plate with every dish at the table, pause for a moment to look at all of the wonderful choices available. Be picky and select the dishes you wouldn't normally make unless it was a special occasion.
- **GET MOVING:** Once dinner is over and cleaned up, encourage your family and friends to go for a walk together or start a game of football in the yard. Get some gentle movement so you don't feel bloated.
- **TAKE DESSERT TO GO:** We always feel like a meal isn't complete without dessert, but who said you can't take it to go? Ask if you can take your dessert home to enjoy the next day when you aren't quite so full.

### Thankful for Our Members: A Season of Gratitude at Access2day Health

As the season of Thanksgiving arrives, we at Access2day Health want to take a moment to express our deepest gratitude to our members. Your trust and support have been invaluable, and we're incredibly proud to be your partner in health.

In our recent Access2day annual member survey, we received more responses than ever before, reflecting the highest participation rate in five years! Here's what you had to say:

- **98.8%** of respondents reported being satisfied or extremely satisfied with their service at Access2day clinics—our highest satisfaction rate in four years.
- **97.8%** of members agree that Access2day Health has improved their overall health.
- **88.3%** of you have visited an Access2day clinic more than once.

These numbers speak volumes about the impact our services have on your lives, and we couldn't be more thankful for your feedback. Your health is our priority, and we're honored to provide care that not only keeps you well but also saves time, money, and unnecessary trips to the ER.

As we continue to serve you, remember that we're here to make your healthcare experience as convenient and stress-free as possible. Whether it's a flu shot or routine care, we're thankful to be your go-to clinic.

Here's to a healthy and happy holiday season ahead!

Visit any Access2day clinic for more information: [Find a clinic near you.](#)

## Live Better Louisiana

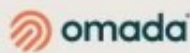
The 2025 Wellness campaign has ended. We thank everyone who has participated in the Live Better Louisiana program. Catapult is currently scheduling clinics for the 2026 wellness credit. We will share those dates as we get them. Additionally, there is a new Primary Care Provider form for the 2026 wellness credit. You can access that form on the OGB website by clicking [here](#)

## November is National Diabetes Awareness Month

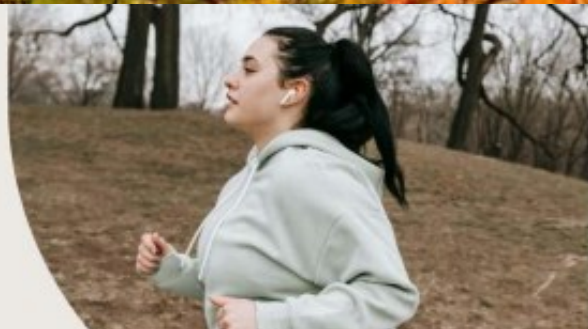
**It's time to take a holistic approach to your health.** Your health is more than just numbers—that's why Omada's virtual care program combines personalized support with expert guidance to help you embrace a holistic, healthy lifestyle.

Omada helps members create a clear path towards better health with:

- **Personalized Care Plans:** We'll help you build healthy routines around what you love to do, and where you want the most support.
- **One-on-one Support:** You'll be matched with a health coach who will provide guidance and education on food choices and exercise goals
- **Real-time Monitoring:** Smart devices that automatically sync to the Omada app and delivered to your Omada care team.



# Lower your risk for diabetes



Claim your benefit at: [omadahealth.com/ogb](https://omadahealth.com/ogb)

### "Small Shifts for the Holiday Season"

This November, Pennington Biomedical's Small Shifts campaign is focusing on small, manageable changes to support a balanced and energized holiday. With tips like starting your day with a light breakfast, keeping up with your regular exercise, and practicing mindful eating, you'll be able to enjoy the season's festivities without feeling overwhelmed.

Throughout the month, Pennington Biomedical shares tasty, holiday-inspired recipes from the Center's Metabolic Kitchen, making it easy to stay on track while savoring the flavors of the season.

Follow Pennington Biomedical on social media or sign up for the Small Shifts campaign at [www.pbrc.edu](http://www.pbrc.edu)



### Here are some tips for food safety during Thanksgiving:

- **Cook food thoroughly:** Use a food thermometer to ensure food is cooked to a safe internal temperature. For turkey, the safe internal temperature is 165°F (74°C).
- **Refrigerate leftovers quickly:** Refrigerate leftovers within 2 hours of cooking, or within 1 hour if they've been exposed to temperatures above 90°F.
- **Store leftovers in shallow containers:** Shallow containers help leftovers cool faster.
- **Eat leftovers within 3–4 days**
- **Freeze leftovers:** Leftovers can be frozen indefinitely, but they'll be best if eaten within two to six months.
- **Reheat leftovers to 165°F:** Reheat leftovers to a minimum internal temperature of 165°F before eating.
- **Keep food out of the danger zone:** Keep hot food hot and cold food cold.
- **Clean and sanitize:** Clean surfaces like cutting boards, countertops, and sinks with soap and hot water, then sanitize with a cleaning solution.





# Looking to **take the next step** towards your financial wellness?

Prudential  
**PATHWAYS**



When it comes to estate and tax planning strategies, it's all about your long-term goals. If you are looking to navigate planning pitfalls or leave your loved ones more than memories, make sure your strategy stays focused on your goals. If you are just starting the process or wish to fine-tune your strategy, join us for this financial wellness educational seminar hosted by industry innovator, Prudential Pathways.

Prudential Pathways aims to make building a financial planning strategy less intimidating and more empowering through easy-to-understand educational programs.

### **Fundamentals of Wills, Trusts, & Powers of Attorney**

This seminar will cover important topics like these:

- Importance of estate planning
- How assets are transferred at death
- Legal documents
- And more

**Wednesday, November 13 from 2:00 pm-3:00 pm (CT)**

via Zoom

[Click Here To Register](#)

Make sure to add the event to your calendar!



**Plan year 2024 Unsubstantiated Claims Notification**

Please accept this reminder memo as notification to review your TASC flexible spending account portal for any required documentation needed to substantiate claims for this 2024 plan year. We encourage employees who have not done so already to update their email address on the personal tab in Workday. Your personal email address is the email address being submitted to TASC for portal access.

**Below you find instructions on how to do this on Workday:**

- 1.) Login to Workday and click “Menu” in the left corner
- 2.) Scroll down to “Personal Information”
- 3.) Then click “Contact Information” under “Change”
- 4.) At the top click “Edit” and scroll down to “Email”
- 5.) Click the pencil icon and change your email address
- 6.) Click the check mark to save changes and press “Submit”

TASC will send reminders for claims requiring substantiation via e-mail and/or mail. If you have elected to receive electronic communication and allege to not receive communication from TASC, please check your junk or spam folder. You can also log into the TASC portal ([tasconline.com](http://tasconline.com) or download the TASC app) to view any claims requiring additional documentation and confirm the accuracy of your e-mail address. Below is the timeline of the notices that TASC has set up currently for State of Louisiana.

30-60 days

90-120 days

160-180 days

180-day notice



# Privateer Pantry

The Privateer Pantry provides supplemental food support to all currently enrolled UNO students who are experiencing food insecurity. We offer a variety of canned foods, dried goods, snack items, as well as personal care items.

Privateer Pantry - <https://www.uno.edu/privateerpantry>

Please consider supporting the Privateer Pantry by:

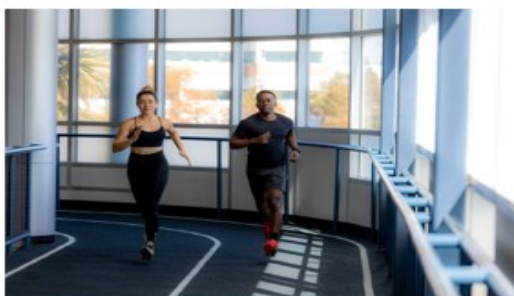
- Donating non-perishable, non-expired food items or toiletries during business hours in UC 248 and/or at the UNO Employee Benefits Fair.
- Making a one time or recurring donation through payroll deduction in Workday.

Shopping our [Amazon.com Wish List](#).

# Recreation & Fitness Center



## Recreation & Fitness Center



### Open track hours for UNO Faculty/Staff

Beginning Monday, October 21st, you can walk on the track Tuesday & Thursday 11am-1pm.

At the front desk you will be required: to leave your UNO Faculty/Staff ID, obtain a wrist band, and sign in/out.