October 2014

**Coming Up**

**UMSL Flu Shot Clinics**
- Nov. 6, 10am to 2pm  Marillac Hall, Boeing Room
- Nov 17, 10am to 2pm  MSC, Century Room A

View our last meeting Webcast and tune into Twitter for live video!

October is the UMSL Month of Community Giving!
Donate before 10/31 for a drawing!

Next Board of Curators Meeting
Thursday - Friday, Dec. 11-12 at UMSL @umcurators

1st Week Free Wellness Classes
Monday, Oct. 13-18 at Mark Twain

New Staff Council Officers:
Jonathan Lidgus – lidgusj@umsl.edu – President
Nick Palisch – palischn@umsl.edu – Vice-President
Jessica Long-Pease – longjessi@umsl.edu – Secretary/Treasurer

Physical Facilities Committee Representative Needed!!!
E-mail Jonathan or staffassoc@umsl.edu

Natural Bridge Road is going to be down to three lanes between Hanley and Lucas and Hunt... forever.

**IN THIS ISSUE**

Campus update
President’s Message
Daily Blitz
Wellness Incentive
Flu Shots

Click on any story for more information!

The Staff Association is now on Twitter! Follow us @UMSLStaff for news, information, updates, and meeting announcements. We'll post reminders about upcoming events, we may even live tweet some meetings!
President’s Message

Dear UMSL Staff,

The Staff Council members have spent the last few months discussing our health care plans with the University administration. This issue of the link is all about your health! The University of Missouri system is requiring all UMSL employees to make a health care selection this year. Hopefully each of you have received information on the changes to our healthcare plans and are researching the best choice to make for you and your family. Please remember that Open Enrollment is October 20-31st and during that time you must make a selection about your healthcare, even if you are opting out of using University healthcare plans. If you have any questions I encourage you to contact Human Resources.

This academic year the Staff Council will spend time focusing on staff recognition. We started the year by recognizing our fellow staff members for their years of service at the staff appreciation picnic. The event had a huge turnout and we hope to carry that momentum into the upcoming recognition and appreciation events.

I am excited about the ideas we have to acknowledge the hard work each of our staff members put into making UMSL a great place to learn for our students.

As always if you have any suggestions or comments please feel free to email me.

Jonathan Lidgus
staffassoc@umsl.edu
Twitter: @UMSLstaff
It’s Back to **You** Season!

**Join Weight Watchers At Work Meetings**

New on the UMSL campus, *Healthy for Life* is offering Weight Watchers meetings to help you live more healthfully and earn 100 points toward Tier 2 of your [Wellness Incentive](#)! Benefits include:

- At work meetings offered at your workplace with private weigh-ins.
- Support from an experienced Leader who has lost weight with Weight Watchers.
- Free access to eTools, the Weight Watchers Internet weight-lost companion.
- Lots of inspiration, motivation, and group support.

Reaching your goals is closer than you think. Join our informational session:

- **SIGN UP BY:** Thursday, Oct. 30
- **SESSION DATE/TIME:** Thursday, Nov. 6, 12:00-12:30 p.m.
- **LOCATION:** Arts Administration Building, Room 222
- **REGISTER WITH:** Sarah Ellis, the UMSL Wellness Coordinator, at EllisS@umsystem.edu or 314-808-0163
Faculty and Staff Wellness Incentive Kicks Off Oct 1

The university’s Wellness Incentive starts October 1 for all eligible faculty and staff! From October 2014 through September 2015, you can earn up to $450 in your paycheck for taking steps to improve your health.

This year includes a two-tier incentive program:

- **Tier 1: Educate yourself** – Complete Tier 1 by April 30, 2015, to earn $150 in May.
- **Tier 2: Invest in yourself** – Complete Tier 2 by September 30, 2015, to earn an additional $300 in October 2015.

Educate yourself to discover ways you could improve your health. Then, invest in yourself by choosing Tier 2 activities that help you reach your goals. You don’t have to complete Tier 1 to get started on Tier 2, but you have to participate in Tier 1 to earn your Tier 2 money. (See [When can I work on my 2015 Wellness Incentive?](#)) We’ve included lots of different activities to help you create a healthy lifestyle that’s right for you. See the [Tier 2 activities list](#) (PDF) for more information.

Any faculty or staff member may participate in the Wellness Incentive, but only those employees who are the primary subscriber to a University of Missouri medical plan can earn the $450. In other words, if money comes out of your UM paycheck to pay for insurance, then you are eligible to earn the $450 incentive. Please remember that incentive earnings will be taxed. Visit [http://umurl.us/2015WELL](http://umurl.us/2015WELL) for more information.

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**FREE FLU SHOT**

*NO APPOINTMENT NECESSARY*

[http://umurl.us/2014FLU](http://umurl.us/2014FLU)
Building Emergency & Safety Team Tips (B.E.S.T)

Do you have a BEST Coordinator?

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<tr>
<th>Building</th>
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<tr>
<td>MSC</td>
<td>Benard Diggs</td>
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<td>J. C. Penney</td>
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<td>Jared Alexander</td>
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<td>Raphael Hopkins</td>
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<tr>
<td>CETC Bldg.</td>
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Breaking Ground This Winter

The Future of UMSL Business
University of Missouri–St. Louis Business Complex

The Last Link

Did you spot a mistake from this issue of The Link or a previous one? Please send it to us!! We care!! Negative feedback is often more constructive.

StaffAssoc@umsl.edu