



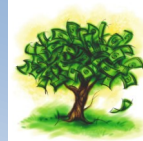
## Fridays in July

We hope you have been able to take advantage of the Fridays in July so graciously authorized by President Tribble. Classified and Administrative/Professional Faculty, we need your assistance to submit your time sheets for each day recognition leave was taken and record this as RT on your time sheets. Recognition leave expires 12 months from the award date, so if you were unable to take advantage of the recognition time, you may use it at a later date. Time sheets are due on Monday, July 29th. If you need assistance with leave, please contact Brittney Shivers either by phone at 4-8871 or by email at [brittney.shivers@cnu.edu](mailto:brittney.shivers@cnu.edu).



### PERSONAL FINANCIAL PLANNING APPOINTMENTS

#### Campus Visits for the Month of August



**ING-Deferred Comp:** Monday, August 5, 9:00AM - 4:00PM (Individual 30-Minute Appointments)  
Contact Information: Representative - Mackenzie Moss (757) 951-7885 [mackenzie.moss@us.ing.com](mailto:mackenzie.moss@us.ing.com)  
To schedule an appointment, email [mackenzie.moss@us.ing.com](mailto:mackenzie.moss@us.ing.com)

**TIAA-CREF:** Wednesday, August 14, 8:30AM - 4:00PM (Individual 30-Minute Appointments)  
Contact Information: Representative - Maria Kersey (703) 460-7101 [mkersey@tiaa-cref.org](mailto:mkersey@tiaa-cref.org)  
To schedule an appointment, call (866) 843-5640.

## IF YOU HAVE HEALTH INSURANCE THROUGH US, PLEASE READ!

### Continuing your Premium Rewards on your State Health Insurance Plan

Employees in the COVA Care or COVA HealthAware have the opportunity to continue their premium rewards or start receiving premium rewards for January 1 through June 30, 2014, by completing a Biometric Screening. Biometric screenings must be completed between August 1 and October 31, or have been done at a physician's office between April 1 and October 31, to count toward premium rewards for the second half of the plan year.

Biometric Screenings will be held in the David Student Union on August 1 and August 2 from 9:00 AM to 2:30 PM. Employees must schedule an appointment in order to receive the screening. To register for a screening, log on to the [MyActiveHealth](#) website.

For more information, please visit the [DHRM website](#) that includes answers to FAQs regarding eligibility, screening locations, options available, instructions and more. Please call our benefits team at 4-7145 if you have questions.