



Spring 2013 Open Enrollment

May 1 - 24, 2013

Health and flexible benefits Open Enrollment will be May 1 – May 24, 2013. You will receive additional information later this month on changes expected for the plan year beginning July 1, along with upcoming communications and BES keying instructions. Enrollment meetings will be available in April and May across Virginia. To view location times and dates, please visit the [Department of Human Resource Management](#).



PERSONAL FINANCIAL PLANNING APPOINTMENTS

Campus Visits for the Month of March



Lincoln Financial Group: Wednesday, March 20, 9:00am - 12:00pm and 1:30pm - 4:00pm

Contact Information: Representative, Sharon Ryan

To schedule an appointment, call at (757) 873-3331 or email sharon.ryan@lfg.com

MetLife: Friday, March 29, 10:00am - 2:00pm

Contact Information: Representative, Brooke Larsen

To schedule an appointment, call (757) 312-0620 or email blarsen@metlife.com

Diabetes Prevention and Control



Bring Your Own Lunch!

The Office of Human Resources and
The Virginia Department of Health
Peninsula Health District
Present a Lunch n' Learn Series:

Eat Smart, Live Strong

DSU Harrison Room
12:00pm to 1:00pm

Almost everyone knows someone who has diabetes. An estimated 23.6 million people in the United States have diabetes, a serious, lifelong condition. Of those, about 5.7 million people have not yet been diagnosed. Could that be you? Come join us for this informative and enlightening series to learn more about the risks, symptoms, treatment and management of this disease. A Virginia Department of Health representative will provide diabetes and blood pressure screenings at no cost to those who are interested.

This Lunch n' Learn seminar is a four part series to be held on the following Wednesdays:

April 17, 2013

April 24, 2013

May 1, 2013

May 8, 2013

To register for the seminar, please call or email Human Resources at 594-7145 or hr@cnu.edu. Bring your own lunch and we'll provide bottled water.