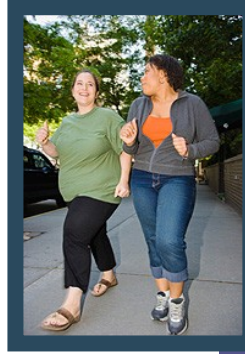




CNU Walking

Spring is here and summer is coming, blossom in to a HEALTHIER YOU!



Join in on a free 12 week walking program.

Free Fit Assessment and Pedometer

**5:15 pm every Tuesday
beginning May 14th**

**For more information, contact Human
Resource at 757-594-7145**

*FREE 12 Week Walking Program:

Health Assessments
Weekly Meet- up walks
Healthy Life Style Classes
Track Your Steps
Record Your Progress

Just 30 minutes to a healthier you

Sign up by phone or email:

Sherry Massie RN at

757 594-7259 or

sherry.massie@vdh.virginia.gov



Legal Resources is offering an opportunity to enroll in the Legal Resources® legal plan as part of your benefits. Legal Resources Open Enrollment ends on May 24th, 2013. **Don't let this opportunity get**

away! As a Legal Resources Member, you'll have immediate and ongoing access to **comprehensive legal coverage, services, and expertise** that will easily save you money — and could save you a whole lot more.

To enroll, complete the Legal Resources [Enrollment Forms](#) and return them to HR. If you need assistance call Human Resources at 757-594-7145.

Have you made your appointment to meet with Christopher Newport University's TIAA-CREF Representative?



Maria Kersey will be in the Human Resources Office on the following dates:

- May 13, 2013 - 8:30a.m. to 4:00p.m.
- August 14, 2013—8:30a.m. to 4:00p.m.
- November 13, 2013—8:30a.m. to 4:00p.m.

You can schedule your appointment by calling 866-843-5640.



In an email on May 7th, President Tribble announced that four days of Recognition Leave would be awarded to all classified and administrative and professional (A/P) faculty to be used on the Fridays of July 5, 12, 19 and 26.

The email also announced that business casual attire begins Monday, May 13 and ends Friday, August 19, 2012. Please check with your supervisor if you have questions concerning appropriate business casual attire.

Thank you President Tribble!



2013 Health and Flexible Benefits Open Enrollment



Open Enrollment is May 1 – 24, 2013. This is the time each year to make decisions about your health benefits and flexible spending accounts. You may enroll in a plan, change plans, add or remove family members, or waive state health coverage. To make changes, use [EmployeeDirect](#) or contact Human Resources at 757-594-7145 for assistance. For more information, visit the [DHRM Open Enrollment Website](#).

Don't make a mistake and miss the Flexible Benefits Open Enrollment!

The Flexible Benefits Program offers eligible employees the opportunity to set aside part of your income on a pre-tax basis and then use that money to pay for eligible dependent care and medical expenses. The open enrollment runs concurrently with the open enrollment for health care, May 1, 2013, through May 24, 2013.

There are numerous changes to the program; such as, a new third-party administrator, Anthem Blue Cross Blue Shield; eligible expenses; administrative fee; maximum contribution limits; and, even a name change for the medical reimbursement account, now called a health flexible spending account.

Remember, you must re-enroll every year if you wish to take advantage of this benefit. If you have questions, come to the open enrollment training or one of the HR trainings!



**Open Enrollment
Informational Meetings
offered by the Office of
Human Resources in
the HR Training Room**

- ◆ Tuesday, May 7th at 2 pm
- ◆ Wednesday, May 15th, at 10 am
- ◆ Thursday, May 23rd at 9:30 am

Additional sessions will be added based on attendance and need. Please RSVP by calling 594-7145.

Available Plans - click plan to see details

COVA Care



New! COVAHealthAware



COVA HDHP

COVA HDHP

TRICARE Supplement

TRICARE SUPPLEMENT

Considering the **NEW COVA HealthAware** plan but not sure if your doctor is in the network?

- ◆ Go to [Aetna's Website](#)
- ◆ Enter type of doctor and zip code
- ◆ Select plan Aetna Choice POS II