



SPECIAL GUEST

NEW EMPLOYEE ORIENTATION SURPRISE!

Our Hiden Boulevard Chick-fil-A delighted our employees with a visit from Baby Cow! We are so grateful for their support, and a special thank you to Jeanine McDougald, Marketing Director and Baby Cow for the wonderful surprise!



INTRODUCING OUR NEWEST AND NEWLY PROMOTED CNU COLLEAGUES

From left to right: Avis Jones, Dining Services; Toni De Stefano, Housing;

Jasmine Stalling, Plant Operations; Shemika Turner, Dining Services;

Ramesh Takkellapati, Human Resources; Tara LaCour (Promotion), CNU Police;

Daniel Weiler, Athletics; Reynor Jones, Tribble Library; Dennis Richardson, Plant Operations.



Women out Walking

The Virginia Department of Health would like to sponsor a weekly walking program called, Women out Walking, to help encourage the CNU Community to get active. This is a 12 week program that will provide an opportunity for us to come together once a week to learn about being healthy and getting active. The program is open to both men and women, and all participants will receive a pedometer, flash light, wrist reflectors, and more! Before each weekly walk, there will be a 15 minute class such as *Reading Food Labels*, *Self Defense*, *Portion Distortion*, *Ti Chi*, *Zumba*, and *Dining on a Budget*!

BUT in order to be successful, we want to hear from YOU!

We worked with the Department of Health to decide on a time that would work great for the CNU Community to come together and get active. Please contact Stacey Carroll via email at stacey.carroll@cnu.edu or by phone at 757-594-0673 to let us know what the best time of day would be (before work, lunch time or after work). We'll collect the information and develop a time that would work well for the majority.



March 26th was
American Diabetes
Association Alert Day®

The Virginia Department of Health encourages everyone to learn more about type 2 diabetes and the factors and steps to prevent the onset of type 2 diabetes. You can find out if you are at risk by taking the [Diabetes Risk Test](#).

For more information on diabetes, visit the [Diabetes Prevention and Control Program page](#).



Virginia Department of
Health
Peninsula Health
District Presents:

Eat Smart, Live Strong

DSU Harrison Room
12:00pm to 1:00pm
April 17 April 24
May 1 May 8

Come join us for this informative and enlightening series to learn more about diabetes risks, symptoms, treatment and management. For more information, contact the office of Human Resources at 757-594-7145

Have you seen the sign?

According to our knowledgeable friends in Grounds, when it rains, stormwater flows over impervious surfaces such as rooftops, parking lots, roads, and sidewalks. The runoff can pick up pollutants, such as oils, trash/debris, fertilizers, pesticides, paint, cleaners, and other chemicals and flows into storm drains located throughout the CNU campus.

Unlike water that goes to the sanitary sewer system (most indoor drains), storm drains usually lead directly to a lake, stream, river, wetland, or coastal water. The pollutants carried by stormwater runoff affect water quality and impact wildlife. As you walk around campus, look for the "No Dumping, Drains to Waterway" markers attached to the storm drains.



More information about CNU's stormwater management programs is available at the following website www.cnu.edu/grounds/. To make comments or suggestions, or to report potential stormwater contamination concerns, please call the CNU Grounds Department at 594-8700.



2013 HEALTH & FLEXIBLE BENEFITS OPEN ENROLLMENT

Open Enrollment for the Health Benefits and Flexible Spending Accounts begins on May 1, 2013 and ends on May 24, 2013.

Very Important News: The Department of Human Resource Management (DHRM) will mail The Spotlight on Your Benefits to your home approximately mid-April which contains detailed information on the Open Enrollment and the changes to the health plan and Flexible Reimbursement Accounts.

DHRM scheduled employee meetings throughout the Commonwealth one of which is to be held at CNU in the David Student Ballroom on May 1, 2013, at 10 am. There are many changes to health care, so it is important that you attend one of the [employee meetings](#) (vendors from the insurance companies will be in attendance) or one of the meetings Human Resources is scheduling. We'll let you know those dates as soon as we have the plan materials to share.

Here is what we know at this time:

- COVA Care, COVA HDHP and the Tricare Supplement remains as options for employees in our area.
 - COVA Care and the COVA HDHP will continue to be administered by Anthem Blue Cross Blue Shield
 - COVA Connect that was administered by Optima will no longer be offered. Employees in the COVA Connect will be able to make an open enrollment election into another plan or will default into the comparable COVA Care plan.
- There will be a new Consumer Driven Health plan – COVA HealthAware, administered by Aetna which will include a Health Reimbursement Arrangement.
- The Flexible Reimbursement Accounts will be administered by Anthem.
 - The Medical Reimbursement Account maximum will be \$2500.00.
 - The Dependent Care Account remains at a maximum of \$5,000.

At this time, we do not have any rate information or further details to share regarding these plans. We promise we will update you as soon as we receive any information regarding changes.