



## PLEASE WELCOME OUR NEWEST CNU COLLEAGUES TO CAMPUS!

*Back row, left to right: Don Lort, Dining; Anne Pascucci, Sponsored Programs; Lindsay Harold, Information Technology; Patria Maguire, Dining; Megan Johnson, CNU Police; Chris Arthur, Theater and Dance; Matt Barreau, Athletics; Ida Devine, Dining; Herman Stith, Dining; Carl Hazell, Plant Operations; Kelley Atkins, Ferguson Center; Jeff Clayton, Information Technology; Tony Exum, Dining. Front row, left to right: William Smith, Dining; LaDonna Judkins, Student Affairs; Mollie Castle, Dining; Alicia Kirksey, Mathematics; Char White, Dining; Kiera Robertson, Athletics.*



### Free Annual Medical Wellness Check-ups

Routine wellness checkups (physicals) are free to all persons enrolled in a state health plan.

- Call your participating provider and schedule your "Routine Wellness Visit."
- You do not pay co-payments, deductibles, or co-insurance.
- School physicals may require a fee for school paperwork.
- For more information, please see the [Plan Summary of Benefits](#).

### Do you like yoga?

If so, the *Hot Yoga Studio* located in the Hidenwood Shopping Center is offering CNU employees a special free first class. Coupons are located in Human Resources. Please stop by anytime to pick up one.

### Attention Military Retirees!

The state health benefits program will begin offering a voluntary supplement to TRICARE health benefits as a health plan option on October 1, 2011. Enrollment will be open to state employees and early retirees who are eligible for both TRICARE and the state health benefits program. A special enrollment period will be held from Aug. 22 – Sept. 6, 2011, and employee meetings begin around the state on August 15. Check out the times and dates at

<http://www.dhrm.virginia.gov/documents/TricareEmployeeMeetings.pdf>.

## STATE★FAIR OF VIRGINIA AT THE MEADOW

Opportunities will be available soon to purchase discounted tickets to the State Fair. The Fair runs from September 9th through October 9. These special savings will be available online from Sept 1 thru 23, 2011. The special admission tickets are \$12 (regularly \$15). Look for the detailed information in future newsletters.