September is National Cholesterol Education Month, a time to stress the importance of maintaining healthy cholesterol levels. To learn about this serious health issue that affects approximately 65 million adults, you can access information on "Lowering Your Cholesterol" through iLearn.

Cholesterol & Glucose Screening
Thursday, September 23, 9:00 am - 12:30 pm  Location: Kimmel Center, Room 914
By Appointment Only.

National Cholesterol Education Month is dedicated to cholesterol awareness. Since cardiovascular disease, as the leading cause of death worldwide, can be attributed to having high cholesterol now is the best time to get your blood cholesterol checked. The LiveSmart Wellness Program, as part of an effort to educate the NYU community on cholesterol awareness, is offering a FREE Cholesterol and Glucose Screening on Campus. Most people don’t know they have a problem until stricken; don't let yourself become a statistic. Half of all Americans have dangerously high levels of LDL—"Bad Cholesterol"—and too low protective HDL—"Good Cholesterol". This screening will identify both HDL and LDL levels.

Sign up for convenient on-site testing to learn more about your health status. You will receive your results during your session and no personal information will be retained. Be prepared that testing will take approximately 15 minutes. A health educator will be available to answer any questions you may have.

Please note that fasting or a light meal is preferred before testing.

LiveSmart event registration is now available through NYUiLearn. To register for this screening:

- Click here to get to NYUHome
- From NYUHome, click on the Work tab
- Scroll down to the NYUiLearn login button and click on "NYUiLearn Login"
- The NYUiLearn welcome page will display.
  - Note: You must allow pop-ups to view the NYUiLearn page.
- Click on Course Catalog
- Scroll down to locate LiveSmart Course to register.

If you have any technical difficulties and need assistance, you can access a list of frequently asked questions at www.nyu.edu/its/askits/ilearn or contact ITS at 212-998-3333 Monday-Friday from 8:00am-midnight, and on weekends from noon-midnight or via email at AskITS@nyu.edu.

Lowering Your Cholesterol

September is National Cholesterol Education Month, a time to stress the importance of maintaining healthy cholesterol levels. To learn about this serious health issue that affects approximately 65 million adults, you can access information on "Lowering Your Cholesterol" through iLearn.
Prostate Specific Antigen (PSA) Testing in conjunction with Cholesterol & Glucose Screening

Thursday, September 23, 9:00 am - 12:30 pm Location: Kimmel Center, Room 914
By Appointment Only.

In honor of Prostate Cancer Awareness Month, the LiveSmart Wellness Program will be offering FREE PSA Testing on Campus. Prostate cancer is the second leading cause of death in men. As men age, testosterone levels begin to decline and benign fibroangionomas frequently develop in the gland itself. In most instances, cancer is caused when cells mutate during this process, causing PSA levels to rise. The American Cancer Society recommends that all men fifty and over or those with a family history of prostate cancer be tested.

A PSA sample is easily obtained via a finger stick and can be done in conjunction with the Cholesterol Screening. The sample is obtained in under fifteen minutes, processed and then the results are confidentially mailed to the participant within seven to ten days.

LiveSmart event registration is now available through NYUiLearn. To access this online resource:

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NYU Day @ New York Health and Racquet Club
Thursday, September 16, 11:30 am - 2:00 pm & 5:00 pm - 7:30 pm
Location: 62 Cooper Square, New York, N.Y, 10003

New York Health and Racquet Club has partnered with New York University to offer NYU employees and adult family members discounted health club memberships. Attend our NYU day and be able to tour the gym; receive 10 minutes chair massages, one week gym passes, body fat testing; learn how to do yoga at your desk; participate in energy drink and food tastings; and receive brochures on NYHRC and its locations. NYHRC will also be raffling off T-shirts and baseball caps, as well as massages and a dinner cruise for 2.

New York Health and Racquet Club has 10 locations in Manhattan and one club in Great Neck, NY. NYHRC has many amenities that will enhance an NYU employee’s healthy lifestyle. The clubs offer state of the art cardio and strength training equipment, group fitness and spinning studios, basketball courts, racquetball courts, and squash courts. Additional NYHRC amenities include indoor pools, saunas and steam rooms, whirlpools and jacuzzis, personal training and massage, a NYHRC Yacht, and a NYHRC Golf Resort and VIP Beach Club.

If you are unable to attend the NYU day and would like to become a member, visit the NYU Home page for more information.

NYU Day @ New York Sports Club
Wednesday, September 22, 11:00 am - 6:00 pm
Location: 232 Mercer Street, New York, N.Y, 10012

Don’t miss out! Join us for an NYU Day at New York Sports Club’s Mercer Street location. Blood pressure testing will be available, in addition to body composition analysis, fitness demos, food samples and prizes. If you like your experience, you can now take advantage of an established discounted corporate rate as an NYU employee.

At NYSC you can enjoy access to more than 150 Sports Clubs locations, each of which have a full schedule of group exercise classes, express 22-minute workout, complimentary fitness orientation and full locker facilities, which include toiletries. All clubs have strength and cardio equipment, free weights, kettle bells and large stretching mats. Facilities include pools and sports courts for basketball, racquetball, squash, tennis, and volleyball. Additional amenities include personal training, personal viewing screens on cardio equipment, Sports Clubs for Kids, baby-sitting, and steam and sauna rooms.

If you are unable to attend the NYU day and would like to become a member, visit the NYU Home page for more information.

Vinyasa Yoga
Wednesday, September 22, 1:00 pm - 2:00 pm
Location: New York Sports Club, 232 Mercer Street, New York, N.Y, 10012
Registration Required

During New York Sports Club’s NYU Gym day, there will be a special NYU ONLY Vinyasa Yoga Class. Vinyasa yoga is a vigorous and dynamic style of yoga with special attention paid to linking breathing with movement. There is an emphasis on standing postures. Sign up soon if you want to try this special class, because space is limited!

LiveSmart event registration is now available through NYUILearn. To register for this screening:

- [Click here](#) to get to NYUHome
- From NYUHome, click on the Work tab
- Scroll down to the [NYUILearn](#) login button and click on "NYUILearn Login"
Sports and Fitness on Campus

NYU employees can also use the gyms we have here on campus. If you would like to join Jerome S. Coles Sports and Recreation Center at 181 Mercer Street and the Palladium Athletic Facility at 140 East 14th Street, membership is only a phone call away. For membership information call 212-998-2045 or 212-992-8500. For general information call 212-998-2020.

Admission to most home athletic events is free to all employees and their families. Information on intercollegiate athletic events can be found at www.gonyuathletics.com, on posters throughout the University, or through Ticket Central. For more detailed information on events, game times and tickets, call 212-998-2020 or visit www.gonyuathletics.com.

Water Aerobics

Friday, September 24, 11:00 am - 12:00 pm
Location: Jerome S. Coles Sports and Recreation Center at 181 Mercer Street
Registration Required

Off with your sneakers! Take the plunge! Water exercise facilitates movement and conditioning in a nonimpact environment. This is a program of continuous exercises set to music and executed in the water to promote endurance and increase strength. Swimming skills are not necessary; however, participants should feel comfortable in an aquatic environment. The pool depth is 4 feet. Proper swim attire is required. Sign up soon if you want to try this special class, because space is limited!

LiveSmart event registration is now available through NYUiLearn. To register for this class:

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How to Help a Friend Who Abuses Alcohol

Millions of people have suffered the effects of a friend's drinking problem. This serious issue is often left unresolved because it is difficult to know when to step in and say something. People often fear that confrontation could jeopardize the friendship. You can learn "How to Help a Friend Who Abuses Alcohol" by accessing our online resource through iLearn.

LiveSmart event registration is now available through NYUiLearn. To access this online resource:

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Alzheimer's Awareness

This year World Alzheimer's Day will be celebrated on September 21. Millions of families across the United States and the world are affected by this disease. World Alzheimer's Day is a day that unites the voices and opinions of leaders, people with dementia, their caregivers and family, medical professionals, researchers and the media from all around the world. In an effort to raise awareness about Alzheimer’s disease you can access information on "Recognizing the Onset of Alzheimer's Disease" through iLearn.

LiveSmart event registration is now available through NYUiLearn. To access this online resource:

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- From NYUHome, click on the Work tab
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**MONEY MATTERS**

**Social Security Administration: Retirement Estimator**

The Social Security Administration has created a retirement calculator to help you estimate your retirement benefits. The Retirement Estimator produces estimates that are based on your actual Social Security earnings record. To use this calculator, [click here](#) and locate the Retirement Estimator, enter your personal information and you will be able to access your contributions.

**Smarter Investing Begins with the Basics**

**Wednesday, September 29, 1:00 pm - 2:00 pm**

**Registration Required**

This webinar will answer such questions as, how much you will need in retirement, how to create your investment plan by identifying your goals and time horizon, complete an Investor Questionnaire, choosing your investment risk and monitoring your investments. To register for this webinar [click here](#).

*Sponsored by The Vanguard Group*

**Planning Your Financial Goals**

Is your retirement portfolio well positioned? Now more than ever is the time to take advantage of financial advice and planning services offered by TIAA-CREF and Vanguard.

To schedule your one on one consultation to discuss your plan and options for managing your retirement savings, you can contact a consultant at the following numbers:

**TIAA-CREF:** (800) 732-8353, Monday through Friday, from 9:00 a.m. to 8:00 p.m.

**Vanguard:** (800) 662-0106, Ext. 14500, Monday through Friday, from 9:00 a.m. to 5:00 p.m. or online at [www.meetvanguard.com](http://www.meetvanguard.com). Your spouse or partner is welcome to attend your session.

You do not have to be enrolled or invested with TIAA-CREF or Vanguard to meet with a consultant.

**COMMUNITY MATTERS**

**Carebridge Life Resources**

If you have any pressing life concerns, you can lean on Carebridge Life Resources. Carebridge provides NYU employees assistance with a variety of life issues including health and wellness, financial and behavioral counseling, as well as child and elder care. These services also cover employee dependents, spouse or domestic partner. Carebridge Life Resources is available 24 hours a day, 7 days a week, 365 days a year. You can contact them via internet at [www.my liferesource.com](http://www.my liferesource.com) or 1-800-437-0911. Reference NYU access code FTN59 when contacting Carebridge.
NYU Employee Discounts

As a valued member of the NYU community, you can take advantage of special discounts on a range of products and services. Click here to access the list of cost saving discounts which include cell phones, car rentals, computers, entertainment and recreation events, in addition to health and stress reduction services.

NYU Family Care

NYU Family Care provides information and resources to assist families with children from newborn through college and all employees with eldercare needs. Learn more about NYU Family Care's monthly events and ongoing programs.

Coming in October...

» NEW - NYU Walking Program
» NYU Benefits Fair
» FREE Flu Shots
» Breast Cancer Walk
» Open Enrollment

If you have any questions, please contact us at LiveSmart@nyu.edu