MARCH: MARCH INTO WELLNESS

HEALTH MATTERS

Free Cholesterol & Glucose Screening on Campus
Thursday, March 25, 9:00 am - 12:30 pm, Location: Kimmel Center, Room 914
By Appointment Only

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

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

- 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.

In conjunction with American Diabetes Month and keeping cholesterol levels within healthy limits, NYU is again offering FREE Cholesterol & Glucose screenings for NYU employees. Heart disease is the number one killer in the United States and many Americans have dangerously high levels of LDL "Bad Cholesterol" and too low protective "Good Cholesterol"- HDL. This screening will identify both HDL and LDL levels.

Sign up for this convenient on-site screening 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.

*Bring your results from previous screenings for comparison*

Tips for Maintaining Healthy Eyes
Thursday March 11, 12:00 pm - 1:00 pm Location: Kimmel Center, Room 909

In celebration of Eye Health Awareness month, LiveSmart is offering a presentation of tips on maintaining eye health, especially as you age. Topics included in the seminar will be: dry eye, cataract, diabetic retinopathy and age related macular degeneration. New treatments and techniques in the management of eye diseases will also be discussed.
Dancing For Fitness
Friday March 19, 12:30 pm - 1:30 pm Location: Coles Sports & Recreation Center, 181 Mercer St, Fencing Salle
Step it up and dance it out. Blow off your stress and get pep with freestyling dance moves and combinations to all kinds of music.

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Manage Your Stress for a Healthier You
Stress is a fact of life. While we can't avoid the types of normal stress which are part of everyday life, we can learn to adjust and adapt to that which we cannot change. This webinar will identify good and bad stressors and provide tips and techniques for successfully reducing stress and anxiety. Participants will also learn to recognize reactions to stress and develop better control over their lives. To access this webinar, go to www.myliferesource.com, log in with access code-FTN59 or your Username and Password, click on “My Page” on the Navigation Bar, “My Videos” and click on “Manage Your Stress for a Healthier You.”

This webinar will be available until March 31, 2010.
**MONEY MATTERS**

**Create an Estate Plan**  
Tuesday, March 16, 12:00 pm

Attend this eMeeting to learn: how to create an estate plan, the importance of having a will, how estate and gift taxes work, and how to reduce tax liability with simple estate planning strategies. To register for this live eMeeting, log onto [http://inter.viewcentral.com/reg/vanguard/nyu](http://inter.viewcentral.com/reg/vanguard/nyu).

*Sponsored by The Vanguard Group*

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**Tuition Remission**  
Tuesday March 23, 12:30 pm - 1:30 pm Location: Kimmel Center, Room 907

Tuition Remission is a valuable benefit offered to all full-time, benefit-eligible employees, their spouses or registered domestic partners, and their dependent children. Learn how to access the tuition remission benefit for yourself and your eligible dependents. This program will provide valuable information about eligibility, how to find information and process tuition remission online, how to manage the approval process, and the tax implications of using Tuition Remission.

*Presented by Carrie Lee, Senior Benefits Specialist, NYU Benefits Office*

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**Identity Theft**

Did you know that identity theft is one of the fastest growing crimes in the United States and the average consumer is unaware of the common ways it is carried out? This practical and informative seminar will educate attendees on the precautions to take to avoid becoming a victim as well as know what to do if you suspect identity theft has occurred. To access this webinar, go to [www.myliferesource.com](http://www.myliferesource.com), log in with access code-FTN59 or your Username and Password, click on "My Page" on the Navigation Bar, "My Videos" and click on "Identity Theft".

*This webinar will be available from March 1 through May 31, 2010.*
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. 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, including holiday stress, 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.myliferesource.com or 1-800-437-0911. Reference NYU access code FTN59 when contacting Carebridge.

Coming in March...

» Skin Analysis Screening
» Relaxation and Meditation Session
» Chair Yoga

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