



HEALTH MATTERS

MONEY MATTERS

COMMUNITY MATTERS

NOVEMBER: HEALTHY FALL HABITS

NYU Benefits Fairs

It benefits you to know about your NYU benefits.

Kick off the Fall season by checking up with your NYU benefits by attending scheduled Benefits Fairs. At the Fair, all the Health Plan vendors, financial advisors such as TIAA-CREF and Vanguard as well as administrators of voluntary benefits (vision, auto, home and pet insurance) will be on hand to answer your questions. Representatives from the NYU Benefits Office will also be available. There will be two opportunities to attend this special event.

Mark your calendar:

Date: Wednesday, November 4, 2009

Time: 12:00 pm – 4:00 pm

Location: The Kimmel Center, Rosenthal Pavilion, 10th Floor

Onsite blood pressure testing will be provided by NYU's College of Nursing Faculty Practice at each Fair.

Open Enrollment 2010-Now through November 6

Keep in mind: All of your 2010 benefits information will be available only online in support of NYU's green initiative. To enroll online for your 2010 benefits, log onto NYU Home at www.home.nyu.edu and enter your Net ID and password. Click on the WORK tab, and then click the Benefits Resource Center Login.

HEALTH MATTERS

SEASONAL FLU SHOT: Your best shot for avoiding influenza

NYU is offering **FREE** seasonal flu shots to active NYU employees. Getting a seasonal flu shot is important because seasonal flu strains may still be circulating during the Fall and Winter even with the predominant presence of H1N1 influenza (swine flu) in the United States. The seasonal flu vaccine does not protect you against the H1N1 flu virus. However, it is recommended by health authorities that you receive your seasonal flu shot in advance of any H1N1 vaccine that may become available.

A vaccine for the H1N1 virus has been approved by the US FDA but will not be distributed until mid to late October through public health channels and initially may be restricted to those at most risk.



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This Fall, seasonal flu vaccines will be made available first to NYU employees. Once the employee seasonal flu vaccine needs are met, if adequate supply is still available, vaccines will be available to one adult member of the household. If vaccines can be made available to a household member, a communication will be issued no later than the end of November. In the meantime, if you wish to obtain a seasonal flu vaccine for yourself or a member of your household sooner than the free NYU seasonal flu vaccination events, you have a choice of options to obtain a seasonal vaccination:

- All of NYU's medical plans will cover both the seasonal flu vaccine and the H1N1 vaccine, if it becomes available. You and your enrolled dependents can receive a vaccination for the cost of an office visit copay at any network provider's office.
- For those who are not covered under an NYU medical plan, check with your health coverage. In addition to CVS Minute Clinics other large pharmacy chains such as Walgreen's and Rite Aid as well as some supermarket chains will also offer vaccination programs at nominal cost.
- If you have a health care FSA, any copay is reimbursable.

To locate a pharmacy offering seasonal flu shots, click below:

- CVS Pharmacy MinuteClinic: www.minuteclinic.com/en/USA/
- Walgreens: www.walgreens.com
- Duane Reade: www.duanereade.com
- Rite Aid: www.riteaid.com/promos/flu_clinic/

To learn more about the H1N1 flu virus there are a variety of information resources available:

- The NYU influenza site: www.nyu.edu/shc/flu
- Centers for Disease Control and Prevention (CDC): www.cdc.gov/h1n1flu/
- The World Health Organization: www.who.int/csr/disease/swineflu/en/
- New York State Department of Health:
www.health.state.ny.us/diseases/communicable/influenza/h1n1

Watch for future announcements about any new developments regarding the H1N1 influenza and the safeguards that NYU will put into effect should a flu pandemic occur at the University.

Season Flu Shots will be offered on the following dates:

12:00 pm - 3:30 pm	Wednesday, November 4
10:00 am - 1:30 pm	Thursday, November 5
10:00 am - 1:30 pm	Wednesday, November 18
10:00 am - 1:30 pm	Thursday, November 19

To register for a **FREE** seasonal flu shot on campus [click here](#)



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Yoga

Friday, November 13, 12:30 - 1:25 pm **Location: Coles Sports & Recreation Center, 181 Mercer St, Fencing Salle**
To register [click here](#)

Learn to relieve stress, enhance awareness, and balance mind and body through postures, breathing exercises, and meditation. Yoga mats highly recommended.

Please wear comfortable clothing.

Smoking Cessation

The 2009 Great American Smokeout will be celebrated on November 19.

Are you or a family member looking to successfully escape the habit? In this webinar you will learn tips and strategies to help you manage triggers and address the underlying reasons why you smoke. 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 "Smoking Cessation." **Available on-line at myliferesource.com until December 31, 2009.**

Additional resources for assistance and education on tobacco use:

- NYU Faculty Practice Smoking Cessation Program-212-998-9420
- NYS Smokers' Quitline- 866-NY-QUITS
- American Cancer Society- 800-ACS-2345
- American Lung Association- 800-586-4872
- Contact your Health Care Provider for smoking cessation programs

MONEY MATTERS

Staying Calm in a Bear Market

Tuesday, November 10, 1:00 - 2:00 pm

Do you feel concerned about investing in today's bear market? Attend this Emeeting where a bear market will be defined, discussion of the historical perspective on market volatility, and the importance of asset mix will be stresses. To access this presentation, go to <http://inter.viewcentral.com/reg/vanguard/nyu>.

Sponsored by The Vanguard Group



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Planning Your Retirement

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.

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.myliferesource.com or 1-800-437-0911. Reference NYU access code FTN59 when contacting Carebridge.

Coming in December...

- » Ab Lab Exercises
- » Smoking Cessation Webinar
- » One-on-one with Financial Advisor
- » and much more...

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