

July Employee Well-Being Newsletter



Looking for a New Primary Care Provider?

- Visit the [United HealthCare website](#) to complete a UHC nationwide network physician search.
- SLUCare physicians can be found by visiting their [website](#).
- SSM physicians, including pediatricians, can be found by visiting their [website](#).

Need further assistance? Please contact Rachel.donahue@slu.edu for help navigating your primary care search.

Virtual Visits

Whether you are traveling this summer or just want to avoid going to a doctor's office you can utilize virtual visits through United Healthcare. Virtual Visits may make it easier than ever to get treated by a doctor. Whether using **myuhc.com®** or the UnitedHealthcare® app, Virtual Visits let you video chat with a doctor 24/7 — without setting up additional accounts or apps.

But, if you'd rather just speak with a doctor, you can simply do a Virtual Visit over the phone. **With a UnitedHealthcare plan, your cost for a Virtual Visit is \$49 or less.**

Use a Virtual Visit for these common conditions:

- Allergies
- Bronchitis
- Eye infections
- Flu
- Headaches/migraines
- Rashes
- Sore throats
- Stomachaches
- and more

July Well-Being Webinars

Emotional Wellness: Lighten Your Life with Laughter

Thursday, July 6th at 12 pm

This informative and enjoyable webinar shares techniques that use humor and laughter for proven stress reduction. It will discuss the power of positive thinking, the therapeutic benefits of humor and the practices of laughter therapy.

Raising Children with Disabilities: Balancing Full Family Needs

Tuesday, July 11th at 12 pm

Work-Life balance — what's that? Striving to maintain your sanity and balance in a family that includes a child with disabilities and special needs presents challenges known very well by those families in a special needs family! This month's talk focuses on Work-Life satisfaction and how to make this happen in your life.

Financial Wellness: Overcoming Debt

Wednesday, July 12th at 12 pm

Carrying too much debt today can jeopardize your financial future. This webinar will address the difference between good debt and bad debt, the impact of interest charges, managing your spending habits and creating good saving habits.

Caring for Aging Loved Ones: Sleep Science & Relaxation to Calm Caregivers

Wednesday, July 19th at 12 pm

Sleep is vitally important to caregivers and their overall health. This webinar reviews sleep debt and good sleep hygiene habits but also how to calm the mind and body, avoid Monkey Mind Syndrome and find relaxation techniques that work.



[Transition Back to School with Ease](#)

Thursday, July 20th at 11 am

Big transitions can be tough, even those that we do year after year. Transitioning back to school can present its own set of challenges. Particularly, transitioning back into a steady routine after the fun of summer. Back to school tends to sneak up on parents leaving little time to prepare. We've got you covered. Join us for helpful tips to ease the transition back to school this year.

[Succeed at Work: Concentration](#)

Thursday, July 20th at 12 pm

Ever driven to work but not remembered the trip? If so, you can benefit from this session. We will look at statistics and discuss the importance of concentration, and ways to improve it.

[Confident Parenting: Helping Your Kids Get Active](#)

Wednesday, July 26th at 12 pm

This webinar will provide many tips and strategies for helping you get your child on the right track to health. We will discuss the implications of an inactive lifestyle, benefits of an active lifestyle, tips on diet, meals, snacks

and how to get your child moving.

[Your healthy Lifestyle: Dealing with Sleep Issues](#)

Thursday, July 27th at 12 pm

Do you have difficulty sleeping? Check out this webinar where you'll explore sleep disorders and their causes (circadian rhythms, insomnia and snoring/sleep apnea), discuss the benefits of sleep studies and examine sleep's relationship to stress and the release of cortisol. Additionally, you'll identify ways to address insomnia and leave with helpful resources.

Meet with a TIAA Rep

TIAA On-Site Consultations Available

A TIAA advisor is available to SLU employees for on-site or virtual meetings. If you would like to meet with a TIAA Advisor you will need to sign up in advance online.

To sign up, go to TIAA.org/schedulenow > YOUR EMPLOYER

> SCHEDULE > Missouri > Saint Louis University. If you prefer on-site, please be sure to click "In Person at My Employer" when looking for an appointment. TIAA can also help you find a date and time by calling 800-732-8353.

TIAA Financial Webinars in July

[Quarterly economic and market update](#)

Thursday, July 13th at 11:00 am

Take a closer look at our views on the financial markets, including the U.S. economy, key market drivers, policy and politics, and investing in public markets. This seminar will also cover the challenges that investors face and offer tips on how to navigate them.

[Invest for Success: 5 principles you need to know](#)

Tuesday, July 18th 2:00 pm

No matter where you are in your career journey, this webinar can help you understand the key principles of investing for retirement. From compounding to taxes to choosing investments, you'll learn that how you invest for retirement is just as important as how much you save.

[Write your next chapter, 5 steps to setting your retirement date.](#)

Thursday, July 20th at 12:00 pm

For anyone starting to think seriously about when to retire, this webinar takes you through five steps for deciding when the time is right. This includes estimating retirement expenses, closing any income gap and understanding key milestones that can impact your retirement finances.

[Take control of your financial life: 5 steps to managing money and debt](#)

Wednesday, July 26th at 11:00 am

If you're just starting out or want to improve your day-to-day financial skills, this webinar will help you learn how to manage your money and balance your priorities so you can enjoy life now and save for the future.