



September Employee Well-Being Newsletter

September is Financial Wellness Month

Financial health can dramatically improve one's life and prevent hardships. Financial health means you can reach your goals, take advantage of opportunities, and give you flexibility to pursue your dreams. One of the ways to achieve financial health is through financial literacy. We have several financial resources to support you in September. You can check out one of our financial webinars, attend the Tuition Benefits webinar on September 7th, or make an appointment with a TIAA Financial Advisor. Can't make a webinar? You can register and a recording of the presentation will be sent to you.



Biometric Screening for 2024 Premium Discount

2024 Wellness Premium Discount. The University believes that an annual biometric screening provides you with the opportunity to get a quick and easy “snapshot” of your health and is an important part of the well-being program. To obtain the wellness premium discount for 2024, you will be required to do the biometric screening.

There are four ways you can complete your biometric screening:

1. Self-Collection at home kits (new this year)
2. University on-site event
3. Visit a Quest Patient Service Center
4. Download a physician requisition form.

Screenings may be scheduled starting September 1st and must be completed by December 31, 2023 for the Wellness Premium Discount.

If you are a new hire in 2023 and have done a biometric screening in the last 9 months, you do not have to repeat this screening for the discount.

2024 Wellness Screening will include the following tests:

- Blood Pressure
- Lipid Profile
- Blood Glucose
- A1C

Onsite Biometric Screening Dates

- Monday October 9th, Allied Health Multipurpose Room 7-12
- Monday, October 16, Busch Student Center Room 251 7-11
- Thursday, October 19, Busch Student Center, Room 251 7-12
- Tuesday, October 24 Salus Center, Room 1501 7-12
- Friday, November 3 Allied Health Room 26 7-12
- Monday, November 6 Allied Health Multipurpose Room 7-12
- Wednesday, November 8 Allied Health Multipurpose Room 7-11
- Thursday, November 9 Allied Health Multipurpose Room 7-11
- Friday, November 10th Busch Student Center Room 256
- Monday, November 13th Center for Global Citizenship, 8-1
- Tuesday, November 14th Center for Global Citizenship 8-1
- Wednesday, November 15th Center for Global Citizenship 8-1
- Thursday, November 16th Center for Global Citizenship 8-12
- Wednesday, November 29th Law School 7-11
- Monday, December 4th Wool Center Training Room 128

To make an appointment visit my.questforhealth.com make sure to use code SLU2023

For more information regarding the wellness discount or programs visit our [Employee Well-Being homepage](#).

September Well-Being Events

Emotional Wellness: The Path to Inner Peace

Thursday, September 7, at 12:00 p.m.

This webinar can show you the way to inner peace. We will examine how to let go of things that work counter, examine how one's past may help, how to come to acceptance and explore best practices for maintaining inner peace.

[Register Today!](#)

Raising Children with Disabilities: Set Your Goals: Positioning for the Future

Tuesday, September 12, at 12:00 p.m.

When we know what we want and identify strategies to accomplish what is important to us, we are much more likely to succeed. Learning to set our sights on the achievement of realistic and relevant short-term and long-term goals generates positive momentum we could all benefit from.

[Register Today!](#)

Managing Staff Through Stressful Situations:

Wednesday, September 13, at 11:00 a.m.

Stressful situations, whether from internal or external sources, are inevitable in organizations. For some managers, this may lead to overextending themselves with minimal time for self-care. This training offers tools to help managers cope with stress and thrive in their organizations.

[Register Today!](#)

Financial Wellness: The Importance of Having a Will

Wednesday, September 13, at 12:00 p.m.

You work hard and should make sure that your money and other assets end up where you want them to once you are gone. This webinar will help you understand the basic principles and important components of a will, in addition to alternative options.

[Register Today!](#)

Parenting in the Digital Age: Social Media, Tech and Our Kids Tuesday, September 19, at 11:00 a.m.

Raising a child has never been easy, but in today's rapidly changing digital landscape, everyday parenting challenges have skyrocketed to a whole new level. From social media to screen time, from online bullies to online slang, the dynamics of modern parenting are complex. Join Dr. Jacqueline Nesi, clinical psychologist, professor at Brown University and author of the popular Substack newsletter Techno Sapiens, for a candid discussion about Parenting in the Digital Age. An expert on how technology and social media impact kids' mental health (especially for teens) — and how parents can help their kids navigate it — Dr. Nesi will lead a conversation you can't miss!

[Register Today](#)

Caring for Aging Loved Ones: Alzheimer's Disease and Dementia Care

Wednesday, September 20, at 12:00 p.m.

In recognition of World Alzheimer's Month, this session will cover the signs, symptoms and stages of dementia and Alzheimer's disease, day-to-day caregiving techniques, financial assistance and insurance and resources for caregivers.

[Register Today!](#)

Preventing Employee Burnout

Thursday, September 21, at 12:00 p.m.

Burnout is a growing concern for many employers, as it can impact morale, employee retention, work productivity and more. In this session, we describe the signals that leaders can watch for and introduce strategies to help them prevent burnout from impacting the workforce.

[Register Today!](#)

Confident Parenting: Important Teen Health Issues

Wednesday, September 27, at 12:00 p.m.

This candid webinar will help parents understand the physical changes of boys and girls during puberty and how to cope with these changes. We will discuss the importance of supporting your teen's mental and physical health.

[Register Today!](#)

Your healthy Lifestyle: Nutrition 101

Thursday, September 28, at 12:00 p.m.



In this webinar you will learn about food and nutritional requirements and the importance of eating for a healthy life. We will go over the benefits of good nutrition, components of a healthy meal and tips for healthy eating and meal planning.

[Register Today!](#)

Financial Wellness

[W2W Attention to Detail: Financial finishing touches for women](#)

Thursday, September 7th at 1:00 p.m.

Managing your financial success can often present a new set of challenges and complications. In this webinar, we'll explore key ways to stay in control of the portfolio you've accumulated and show you how to evaluate your current plan and progress.

[The starting line: Beginning to save for retirement](#)

Tuesday, September 12, at 2:00 p.m.

When you're just starting out in your career, it can be hard to think about retirement. Finding a balance between meeting your current financial needs and saving for far-off financial goals can be challenging. But the truth is, there's no time like the present to save for the future.

[Make the move toward long-term financial security-Your mid career retirement check-in](#)

Wednesday, September 20, at 11:00 a.m.

For anyone halfway down the road to retirement, this webinar is a critical checkpoint. It reviews the keys to successful money management and shows you how to juggle current financial demands with future retirement saving strategies. The goal is to make sure you're on the path to lifelong financial security.

[Avoiding fraud and scams: Learn how to protect yourself and others](#)

Tuesday, September 26, at 2:00 p.m.

Fraud and scams related to retirement assets are on the rise, and their effects can be devastating. Scammers know how to exploit current events and add new twists to well-known ruses to steal your money. In this valuable webinar, you'll learn how to recognize the warning signs so you can protect yourself and others.

Tuition Exchange and FACHEX Application Deadline

Saint Louis University participates in both the Tuition Exchange program and the Faculty and Staff Children Exchange. The 2024-25 [application](#) is now on the HR website.



THIS APPLICATION WILL CLOSE AT 5:00 p.m. CDT ON MONDAY, OCTOBER 2, 2023.

This application allows you to apply for one or both programs.

Should you have any further FACHEX or Tuition Exchange questions, please contact Julie Martin at (314) 977-4211 or email at sluscholarshiparea@slu.edu or contact the Saint Louis University Benefits Office at (314) 977-2595 or benefits@slu.edu

[Tuition Benefit Webinar](#)

Thursday, September 7th at noon

Join members from our benefit team to discuss tuition remission, tuition exchange, and FACHEX. Webinar will be recorded if you are unable to attend.

Save the Date for Upcoming Employee Well-Being Events

Employee Health Fairs

- Thursday, October 5th 10 a.m.-1 p.m.
 - Allied Health Building, Multipurpose Room
- Thursday, October 12th 10 a.m.-2 p.m.
 - Busch Student Center, Room 171
- Wednesday, November 29th 11:00 a.m.-1:00 p.m.
 - Law School

Flu Shots offered by School of Nursing

More information regarding registration coming soon

- Friday, September 29th 10a-2p at LRC
- Wednesday, October 4th 10a-2pm at SON
- Thursday, October 5th 10a-2p Allied Health (South Campus Health Fair)
- Tuesday, October 10th 10a-1p at Law School
- Thursday, October 12th 10a-2p at BSC (North Campus Health Fair)
- Tuesday, October 17th 9a-4p at BSC and 11a-1p at Cook Hall Atrium
- Thursday, October 19th 1p-6p at Simon Rec
- Wednesday, November 29th 11a-1p at Law School (Health Fair)


Cooking Demonstrations with Dietetic Interns (500 points on Wellness Portal)

**squash, carrot and ginger soup
with miso and coconut milk**

MENTAL HEALTH AWARENESS MONTH

Come cook a cozy meal with me that excites the senses and relaxes the mind. Learn about some of the vitamins in orange veggies and the basics of soup making!

PRESENTED BY: SYDNEY RURY, SAINT LOUIS UNIVERSITY DIETETIC INTERN

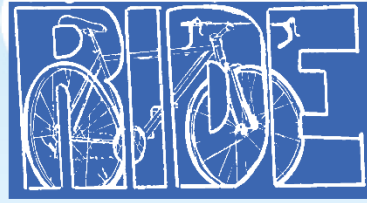


WHEN: MONDAY, OCTOBER 23RD @12-1
WHERE: ALLIED HEALTH BUILDING, MPR #3040
WHAT: SLU EMPLOYEE WELLNESS EVENT

OVERHISER, S. (2022, DECEMBER 31). CARROT GINGER SOUP. A COUPLE COOKS.
[HTTPS://WWW.ACUPLECOOKS.COM/CARROT-GINGER-SOUP/](https://www.acouplecooks.com/carrot-ginger-soup/)

Bike Ride Supporting Claver House (1000 points on Wellness portal)

CLAVER HOUSE COMMUNITY



September 16, 2023

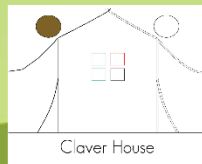
10:00 am, SLU Clock Tower

9:30 am--Registration Begins

JOIN US FOR A MORNING 5 OR 20 MILE BIKE RIDE TO SUPPORT
THE MISSION OF CLAVER HOUSE

SIGN UP TODAY AT [CLAVR-HOUSE-RIDE.COM](https://claver-house-ride.com)

FOLLOW US @[CLAVRHOUSESTL](https://www.instagram.com/claverhousestl)



Sponsorships available

The event includes a supported ride, t-shirt, and lunch.

Working and
learning with the
Historic Ville
Neighborhood of
North Saint Louis

Employee Well-Being
Rachel Donahue, Employee
Wellness
employeewellbeing@slu.edu

Higher purpose. Greater good.™