

UM Staff Advisory Council Newsletter

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SAC Mission: To advise the president on matters of mutual interest and to serve as an information and liaison medium for employees and administrative officers on such matters as may be referred to the council, as the council initiates, or as UM employees may request.

To post a question, comment, or suggestion, please email UMSAC@umsystem.edu or communicate with one of us. We are here for you!



Words from the Chair • David Champlin

Dear Staff,

On behalf of my colleagues on the UM Staff Advisory Council, I am pleased to be the Chairman for 2014.

This newsletter has been created to serve as a resource for those seeking information on the activities of the UM System and employee benefits as well as to offer participating departments a forum for discussing governance and issues related to the continuing development and maintenance of the UM System Staff.

UM SAC is charged with managing this evolution on behalf of department of Human Resources. The Council is active throughout the year via e-mail, surveys of participating institutions, and the occasional meeting. Please feel free to reach out to anyone currently on UM SAC. Together we can bring forth strategies that help make UM System a great place to work.

As the designated representatives of the UM System Staff, we are eager to include the views and concerns of all our members in our various discussions and we urge you to be in touch with us regularly.

Updates from SAC

We would like to introduce a new member to the council **Melanie Barger**. She will be taking over the place of Melinda Richardson for the rest of the year. She will be a great addition to UM Staff Advisory Council

Happy Hour Bowling: March 12

Town and Country Lanes,
1508 North Providence Road, Columbia MO
2:30 pm to 4:30 pm

[Sign up is now open for all teams](#)



As always, we welcome your feedback. Contact any UM-SAC member or email us collectively at umsac@umsystem.edu.





Benefits & Wellness: We've Made It Easier To Earn Your \$100 Wellness Incentive

You spoke, we listened. Employees said they wanted the Wellness Incentive in their paycheck, so in 2014, active primary subscribers to UM medical plans can earn \$100 by completing two simple steps: an online personal health assessment and health screening. Eligible employees who complete both requirements by April 30, 2014 will earn \$100 in their final May paycheck.

To make the process easier, we've implemented a new, easier to use Cerner Health account that allows you to track your weight, exercise and food goals, participate in wellness workshops and connect with a dietician or trainer with the click of your mouse.

Step 1: Complete your Personal Health Assessment (PHA)

Start by creating your Cerner Health Account, or log into your existing account by visiting <https://www.healthyforlife.umsystem.edu>. You'll be able to complete your PHA - a brief online questionnaire that helps you understand your health risks. You'll be provided with resources to help improve your wellbeing.

Step 2: Complete your Health Screening

Choose ONE of these three ways to complete your health screening. Employees need only complete one health screening per year. Screening results must be submitted by April 30, 2014.

- 1. Visit your doctor.** You can use your results from your annual physical to complete your screening requirement. The form you'll need is located [here](#). You may use results obtained from your doctor from May 1, 2013 through April 30, 2014.
- 2. Request a Home Access kit.** The test is quick, easy and painless and will allow you to obtain total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides and glucose results. Complete your health screening at your convenience in your own home by calling 1-866-352-4372.
- 3. Schedule your FREE health screening on campus.** Starting in December, you can schedule your health screening at a convenient time and location on your campus via your Cerner Health Account. For best results, it is encouraged to fast (nothing to eat or drink for 9 hours prior to your health screening), and drink plenty of water to facilitate a successful visit.

[Cerner Health Account User's Guide](#)

[Frequently Asked Questions](#)

Benefits & Wellness: Class and Program Offerings

The faculty and staff wellness program offers a wide selection of classes to help you with your goals in the areas of physical activity, weight management, tobacco cessation and stress management. To see what is available on your campus, visit www.wellness.umsystem.edu.





Retirement: *FREE Financial Consultations*

You may continue to schedule a free, confidential, one-on-one consultation at your convenience with a retirement representative from Fidelity or TIAA-CREF. Representatives will continue to be available on designated dates each month throughout the year. A one-on-one consultation provides guidance to help you maximize your retirement savings and plan for other goals. During your one-on-one consultation you may:

- Ask questions about saving for retirement and other goals
- Evaluate investment choices that meet your needs
- Create an action plan to get and stay on track for retirement
- Review retirement income options

Fidelity: call 1-800-642-7131 or visit fidelity.com to make an online reservation.

TIAA-CREF (403(b) plan only): call 1-800-732-8353 or visit www.tiaa-cref.org/schedulenow to make an online reservation.

Retirement: *Upcoming Pre-Retirement Seminars & Series*

Seminars

These seminars are designed for faculty and staff who are within 10 years of retirement. During these seminars, you'll get an overview of the UM Retirement, Disability & Death Benefit Plan, and a review of your personal estimate if you elect to calculate one through the Online Pension Calculator. [Registration Required](#)

Note: Be sure to run an online estimate before the seminar through the [Online Pension Calculator](#).

Series

These seminars are designed for faculty and staff who are within 10 years of retirement. The series as a whole is intended as an overview of some of the financial aspects of retirement. You are encouraged to register for the entire series. Those who do not register to attend all four seminars will be placed on a waiting list. Pre-Retirement seminars are held at the Woodrail Centre and take place from 5-7 p.m. Registration is required. Visit http://www.umsystem.edu/totalrewards/benefits/upcoming_seminars for upcoming dates.

- [Financial Planning](#) - Learn about techniques to better plan for your financial future. We will discuss reaching your financial goals, why you should save early and often, investment choices, and holding steady in a stormy market.
- [Estate Planning](#) - Estate planning involves your assets (your property) and the various forms of ownership and titles that those assets may take. Topics covered will include estate planning, health care directives, living wills, transferring assets, and trusts.
- [Social Security](#) - Learn about how Social Security works, what to expect, and when to contact them.
- [University Retirement Plan](#) - An overview of the UM Retirement, Disability and Death Benefit Plan, and a review of your personal estimate if you elect to calculate one on the retirement calculator.

Mark your Calendars

University Concert Series - All upcoming performances

University Concert Series	
Feb 11, 7:00 PM	<u>Keb'Mo' at Jesse Auditorium</u>
Mar 4, 7:00 PM	<u>Celtic Nights at Jesse Auditorium</u>
Mar 7, 8:00 PM	<u>MCB's Music in Motion at Missouri Theatre</u>
Mar 13, 7:00 PM	<u>Vice Gill with Special Guest Amy Grant at Jess Auditorium</u>
Mar 18, 8:00 PM	<u>Gordon Lightfoot at Missouri Theatre</u>
Mar 31, 7:00 PM	<u>Jim Brickman Feel the Love Tour at Jesse Auditorium</u>
Apr 6, 7:00 PM	<u>West Side Story at Jesse Auditorium</u>
Apr 9, 7:00 PM	<u>Peter Nero, piano at Missouri Theatre</u>
Apr 14, 7:30 PM	<u>The Chancellor's Concert at Missouri Theatre</u>

• All dates subject to change

Celebrate MU's 175th Birthday

Tuesday, February 11 at 11:00 am to 1:00 pm MU Student Center, First Floor

MU Activities [Click here to view](#)

City of Columbia Events [Click here to view](#)

University Staff Perks and Rewards [Click here to view](#)

MST Rolla Calendar of Events [Click here to view](#)

UMKC Calendar of Events [Click here to view](#)

UMSL Campus Calendar [Click here to view](#)