The 2015 Health Risk Assessment process will include a change for employees who enroll or will enroll in either the Employee+1 or Family tier of the medical plan. For employees who have a spouse or same-sex domestic partner who is covered or will be covered by Marquette’s medical plan in 2015, the employee and the spouse or same-sex domestic partner must complete both parts of the Health Risk Assessment process in order for the employee to receive the 10-percent discount next year. If only one of the two complete the required steps, the employee will not be eligible for the 10-percent discount.

Marquette University will not receive individual HRA results. In maintaining HIPAA compliance, we will only receive a group summary report indicating “yes” or “no” if the employee and spouse or same-sex domestic partner completed the Health Risk Assessment process.

This is a two step process; step one, which can be completed anytime between July 1, 2014 and November 22, 2014 is outlined below.

**STEP ONE: Complete the Biometric Screening.**

What is a Biometric Screening?

It is a simple finger stick blood test that will analyze your cholesterol, HDL and glucose. Blood pressure, pulse, height, weight, and body mass index will also be recorded. The results are available in about 15 minutes. You and your spouse or same-sex domestic partner have three options available this year to compete this step.

**Option ONE:** Biometric screening with your primary care provider utilizing the Medical Provider Form below. Biometric screenings for employees seeing their primary care provider must fall between Tuesday, July 1, 2014 and Friday, November 21, 2014. Subject to health plan co-pays. You can fax the form directly to Justin at Aurora Healthcare at (414) 525-2580. This form must be completed by your medical provider but can be faxed directly to Aurora by the provider or by you.

**Option TWO:** Complete your Biometric screening on-campus, free of charge. Dates for on-campus screenings, including several Saturday options, will be announced in early fall, with appointments beginning in late October and running through mid-November.

**Option THREE:** Complete a comparable biometric screening at a spouse’s or same-sex domestic partner’s employer-sponsored HRA screening and fax directly to Justin at Aurora Healthcare at (414) 525-2580. Biometric screenings must fall between Tuesday, July 1, 2014 and Saturday, November, 22, 2014

**STEP TWO:** Complete an online questionnaire with the results from your biometric screening using one of the options outlined above. This questionnaire will be available at the start of the Annual Enrollment Period.
**Provider Focus: Delta Dental of Wisconsin**

Every day we learn more about the connections between a healthy mouth and a healthy body. Taking care of your teeth and gums is a vital – and highly cost-effective – first step in protecting your entire body from inflammation and illness. Our dental benefit plan provides a comprehensive program to ensure your dental health. Employees may visit a Delta Dental provider, the Marquette Faculty Practice or the Marquette Dental School. For dental benefit questions, contact Delta Dental at (800) 236-3713 or visit www.deltadentalwi.com. The plan includes preventive care and treatment for dental disease or accidental injury. In addition, Marquette's dental plan offers evidence-based dentistry which allows employees with specific conditions to receive additional dental services.

Click on this link to learn more about how to have a healthy mouth and other oral health resources.

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**Getting to know your Voluntary Benefit Offerings**

**DID YOU KNOW?** If you are enrolled in Marquette’s Basic Life insurance benefit, you have access to Travel Assistance through a marketing arrangement with MetLife.

Contact TRAVEL ASSISTANCE if:

- You are planning a trip and need information about your visa, passport, inoculation requirements and local customs as well as 24-hour pre-departure information on weather, currency and much more
- You require medical assistance while traveling
- You lose documents, credit cards or luggage while traveling
- You require medical evacuation
- You experience local language problems
- You would like to request your theft and resolution guide
- You are a victim of identity theft and need personal assistance

If you have any questions about the services, please call Travel Assistance at (800) 454-3679 or (312) 935-3783 (collect). Or visit their website: http://webcorp.axa-assistance.com (User Name: axa Password: travelassist)

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**Take advantage of Employee Wellness Events On Campus**

“Wellness” is not just the absence of disease, it is the active lifelong process of choosing health-promoting behaviors that help you reach your full potential as an individual and as a member of your community. **Employee Wellness** has many opportunities for faculty and staff. Fall group fitness class registrations are now open.

- To see a schedule of classes and to register, check the [group fitness calendar](#) located on the [Employee Wellness website](#).
- Guided meditation classes are back. Employee Wellness will be offering one, four-week beginner session Sept. 3-24 and one, eight-week intermediate to advanced session from Oct. 1 to Nov. 19. For more information or to register, go [online](#).
- Employee Wellness will continue to offer "Fitness At Work" demonstrations to any department that would like to participate. Free resources will be given at each demonstration, which can be set up by contacting **Kristin Kipp**, wellness coordinator, at (414) 288-5607
- The **Westown Farmers Market**, located in Zeidler Union Square (On Michigan between 3rd and 4th Street), is open every Wednesday from 10 a.m. to 3 p.m. through the end of October. Employees are encouraged to gather in the lower level of Zilber Hall around **noon** to walk together.

Employee Wellness is also looking for employees to serve as captains for the **Milwaukee Heart Walk**. Contact **Kristin Kipp**, if interested.
Seasonal Focus

Ready, Set, Routine!
For many, back to school is a favorite time of the year; routines return, new clothes adorn and life becomes more predictable. With a return to schedules, this is the perfect season to re-commit to healthy eating and re-establish exercise routines.

The most important thing in your life is your health. Just as routine auto tune-ups prevent major repairs down the road, regular medical checkups help maintain good health. In his book, Stay Healthy at Every Age: What Your Doctor Wants You to Know, Dr. Shantanu Nundy, describes diagnostic tests needed for “routine maintenance,” including what and who is involved and when the tests should be done to guard against disease before it develops. The book provides at-a-glance schedules and checklists for screening, preventive medicine (such as heart disease prevention and infectious disease vaccinations), and counsel.

Marquette University’s health, dental, and vision insurance plans offer preventive care, for those enrolled, at 100% when in-network providers are visited.

**Health:**
- Routine Annual Physical Exams which waives any applicable co-pays and deductible
- Immunizations, age appropriate
- Routine Annual Diagnostic Tests, Lab & X-rays
- Routine Annual Mammograms (From age 40)
- Routine Annual Pap Test and Pelvic Exams
- Routine Annual Colonoscopy (From age 50)

_For a complete list of preventive care benefits, please review the UMR Summary Plan Document or visit www.uhppreventivecare.com._

**Dental:** Two free cleanings per year, per covered member (deductible waived).

**Vision:** One free well-vision exam per year, per covered member (co-pay waived).

Please visit the [Benefits Website](#) if you need any additional information or for links to the provider websites.

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### 2014-2015 On Campus Flu Shot Clinic Dates

The 2014-2015 influenza vaccine (injectable) is now available. Only a single dose of this year's vaccine is needed to protect you against the flu. All individuals, including healthy college students, should be vaccinated for influenza this season. Even if you had the flu last year or received a vaccination last year, you are still at risk of getting the flu this year. Members of the campus community are urged to take measures to avoid the flu and minimize spread of infection.

**To lower your risk of getting or spreading the flu:**
Get vaccinated. The flu vaccine is available to students and employees at our flu clinics across campus or at the Marquette University Medical Clinic. No appointment is necessary.

**Cost of the vaccine is $25 or $5 per person if you are enrolled in any of the MU Employee Health Insurance plans**

- September 10, 2014 - Law School, 1st floor atrium (2:30pm - 5:30pm)
- September 17, 2014 - Business School, 1st floor atrium (2:30pm - 5:30pm)
- September 23, 2014 - MUMC East Clinic, Ste. 130 (11:00am - 1:00pm)
- September 24, 2014 - Dental School, 2nd floor atrium (11:00am - 1:00pm)
- September 30, 2014 - AMU, 2nd floor atrium (3:00pm - 6:00pm)
- October 1, 2014 - Dental School, 2nd floor atrium (11:00am - 1:00pm)
- October 4, 2014 - FAMILY WEEKEND, AMU 2nd floor (11:00am - 2:00pm)
- October 15, 2014 - AMU, 2nd floor atrium (10:00am - 2:00pm)
- October 27, 2014 - AMU, 2nd floor atrium (10:00am - 3:00pm)
- October 28, 2014 - AMU, 2nd floor atrium (8:00am - 4:00pm)

**For further information**
If you have questions or concerns about your symptoms, prevention tips or the flu shot, please contact the Marquette University Medical Clinic at (414) 288-7184.
Qualifying Life Events Which Affect Your Benefits!

Changes in health care coverage can only be made within 30 calendar days of a Qualifying Life Event or during the university’s Annual Enrollment period, Oct. 27 to Nov. 14, 2014, with changes effective January 1 of the next year.

Examples of qualifying events which may affect your benefits include the following: marriage, legal separation, divorce, birth/adoption of a child, change in spouse's employment, death of child/spouse, etc.

It is the employee’s responsibility to notify the HR Benefits Department within 30 calendar days of any potential qualifying life event in order to process the coverage options for you and/or your eligible dependents. If you have questions regarding benefit enrollment and eligibility please contact the Department of Human Resources at ext. 8-7305.

2015 MU BENEFIT INFORMATION SESSIONS

FOUR Benefit Insurance Sessions will be offered this year. In addition to the traditional one-on-one Benefit Assistance Days, these overall information sessions will now be offered in a group setting. Times and dates are listed below. These session will be hosted by Steve McCauley, Director of Employee Benefits.

- Tuesday, Oct. 28, 2014, 11:30 a.m. - 12:30 p.m. AMU 157
- Wednesday, Oct. 29, 2014, 11:30 a.m. - 12:30 p.m. AMU Weasler Auditorium
- Wednesday, Nov. 4, 2014, 11:30 - 12:30 p.m. AMU 163
- Thursday, Nov. 5, 2014, 11:30 - 12:30 p.m. AMU 163

*Please note, all benefit eligible employees will receive a 2015 Annual Enrollment packet at your home address by mid-October. It is imperative that your current mailing address is in MyJob so you receive the enrollment packet in a timely manner.

UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Program</th>
<th>Date, Time &amp; Location</th>
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<tbody>
<tr>
<td>TIAA-CREF Individual Counseling Sessions-September</td>
<td>Tuesday, Sept. 16, 2014</td>
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<tr>
<td>* By appointment only: Please RSVP with TIAA-CREF at 1-866-843-5640</td>
<td>10:30 a.m. — 3:00 p.m., AMU 362/364</td>
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<td></td>
<td>Wednesday, Sept. 17, 2014</td>
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<tr>
<td></td>
<td>10:30 a.m. — 3:00 p.m., AMU 233</td>
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<tr>
<td>TIAA-CREF Individual Counseling Sessions-October</td>
<td>Monday, October 27, 2014</td>
</tr>
<tr>
<td>* By appointment only: Please RSVP with TIAA-CREF at 1-866-843-5640</td>
<td>10:30 a.m. — 3:00 p.m., AMU 228/230</td>
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<tr>
<td></td>
<td>Wednesday, October 28, 2014</td>
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<tr>
<td></td>
<td>10:30 a.m. — 3:00 p.m., AMU 231</td>
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<tr>
<td></td>
<td>Wednesday, Oct. 29, 2014</td>
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<tr>
<td></td>
<td>10:30 a.m. — 3:00 p.m., AMU 233</td>
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<thead>
<tr>
<th>Benefit Assistance Days</th>
<th>Benefits Team will be available from 11 a.m. to 2 p.m. each day listed below:</th>
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<tbody>
<tr>
<td>* One-on-One time to enroll or address specific benefit questions.</td>
<td>• Friday, Oct. 31, 2014, AMU Henke</td>
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<tr>
<td>* No appointment necessary, first come/first served</td>
<td>• Thursday, Nov. 6, 2014 AMU Henke</td>
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<tr>
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<td>• Wednesday, Nov. 12, 2014 AMU 163</td>
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Additional GROW classes can be found here

Link to additional articles and resources on the benefit website

Spotlight

Rec Sports Focus

The Department of Recreational Sports embraces the Jesuit philosophy of education in developing the Mind, Body and Spirit and fosters the out of classroom experience. They provide quality facilities, equipment, programs and services. Rec Sports offers two facilities on the MU campus:

Helfaer Recreation Center
525 N. 16th Street
Phone: (414) 288-6976

The Helfaer Recreation Center features a weight room and two cardio courts with Cardio Theater and a variety of cardio machines including steppers, recumbent bikes, treadmills, stationary bikes, rowers and elliptical. In addition, the Helfaer Recreation Center Pro Shop offers basic athletic equipment and accessories for sale. Reservations for tennis and racquetball are made in the ProShop 48 hours in advance with a telephone call, (414) 288-7135.

REC PLEX
915 W. Wisconsin Avenue
Phone: (414) 288-7778

In the continued commitment to its neighborhood, Marquette University purchased a former YMCA building in the spring of 1993. After renovation and addition of the state-of-the-art equipment, the Rec Plex was opened to the Marquette family and the Milwaukee Community in Straz Tower.

MEMBERSHIP

Individuals must be 18 or older to purchase an individual membership. A valid ID is required to gain admittance into facilities. Children age 6 and older must have an ID card. Children 13 years of age and under must be accompanied by an adult when using the facilities. Replacement cost for ID is $10.00. *Employee and family discounted rates are available.

Payroll Deduction Forms are available for faculty and staff members at the Helfaer Recreation Center and Rec Plex. Click below to download both forms:

Payroll Deduction Agreement
Payroll Deduction Form

Questions/Comments?
Email: benefits@mu.edu
Call: 414.288.7305
Visit: www.marquette.edu/hr