Benefits

Benefits Open Enrollment Presentations
October 29, 2012 | HUB-367

11:00 a.m. – 11:45 a.m.  Anthem Blue Cross (PPO, Plus, CORE, and Lumenos)
12:00 p.m. – 12:45 p.m.  Kaiser Health Plan
1:00 p.m. – 1:45 p.m.  Health Net Health Plan (Regular and Blue & Gold)

Representatives from the UC-sponsored health plans will present an overview of their plan benefits and changes for 2013.

Question and Answer Sessions
October 29, 2012 | HUB-379  | 11:00 a.m. – 2:00 p.m.

Representatives from the following UC-sponsored plans will be available for questions:

- Anthem Blue Cross
- Health Net, Kaiser
- Optum (formerly UBH)
- Delta Dental Plan
- California Casualty
- Fidelity Investments
- ARAG legal plan
- UC Riverside Benefits and Faculty and Staff Wellness Program.

Benefits Open Enrollment Walk-in Help Desk
The Benefits Office staff will be available to meet individually with employees to answer questions and help with open enrollment changes.

November 8, 2012
HMNSS-1303
11:00 a.m. – 1:00 p.m.

November 15, 2012
Bourns Hall, Room 275 and 277
11:00 a.m. – 1:00 p.m.

November 20, 2012
Human Resources, Benefits Office
9:00 a.m. – 4:00 p.m.

Education & Development

MEI: Allies Safe Zone Seminar — 10/18/12 and 11/2/12
The Allies Safe Zone Program is a network of UCR students, faculty, and staff who are supportive of lesbian, gay, bisexual, transgender people, and of anyone dealing with
sexual orientation or gender identity issues.

» Register at UCR Learning

**MEI: Listening for Understanding — 10/23/12 and 11/29/12**
This workshop provides practical tools to improve your ability to listen well.

» Register at UCR Learning

**SRSS: Supporting the Recruitment & Selection Process — 10/23/12**
This MEI workshop is for individuals who administratively support the hiring manager in any part of the recruitment and selection process.

» Register at UCR Learning

**Working in a Shared Service Center – An Overview of the UCPath Center — 10/30/12**
This session will give participants an understanding of what shared services is and the structure, technology, and work environment of the UCPath Center.

» Register at UCR Learning

**MEI: Communicating for Understanding — 11/6/12**
Through theory and skills practice, this workshop introduces participants to the general process of communication, along with its possible disruptions and teaches a communication method designed to avoid those disruptions and enhance dialogue among members of diverse populations.

» Register at UCR Learning

**SRSS: Recruitment & Selection Strategies for Hiring Managers — 11/6/12**
This MEI workshop reviews the complete recruitment and selection process and is recommended for supervisors and managers.

» Register at UCR Learning

**Veterans and Military Members Networking Lunch — 11/9/12**
This informal event will provide an opportunity for veterans and members of the military within the UCR campus community to connect and network. A brief facilitated discussion will allow attendees to share their thoughts about campus climate from their perspective as veterans and military members.

» Register at UCR Learning

**MEI: Diversity Certificate Program — Starts 11/13/12**
The six-month “Making Excellence Inclusive” program will guide participants through a series of learning activities all designed to make the subject matter “come to life”.

» Read more

**Surviving and Thriving in a Changing Environment — 11/15/12**
This workshop is designed to provide participants with an understanding of their reactions to change and how to move from a place of resistance to commitment for the change.

» Register at UCR Learning
SRSS: Affirmative Action 101 — 11/19/12
This MEI workshop offers a primer on the fundamentals of affirmative action in employment through lecture and case studies.

» Register at UCR Learning

MEI: Moving Toward Multicultural Competence — 11/21/12
This highly interactive introductory workshop develops the awareness, knowledge, and skills needed to promote diversity throughout UCR in general and within our units and organizations in particular.

» Register at UCR Learning

MEI: UCR Diversity Book Club — 11/27/12
This will be a lunch time meeting for discussion of the book “The Immortal Life of Henrietta Lacks.” This is sponsored by the MEI Alumni Group under the Office of Faculty & Staff Affirmative Action.

» Register at UCR Learning

Workplace Health & Wellness

Food Day, October 24, 2012
Food Day is a nationwide celebration and a movement toward more healthy, affordable, and sustainable food. UCR will celebrate this event with various activities and promotions sponsored by the UCR Faculty and Staff Wellness Program, Dining Services, Sustainability, and The Well. Take the Food Day Pledge to eat real today!

» Read More

Move More for 3-4 Campaign
October 25, 2012, 12 p.m. – 1 p.m., HUB 355
Move More for 3-4 is an awareness messaging campaign sponsored by the UCR Faculty and Staff Wellness Program and Ergonomics Program. The Move More campaign will support and motivate you to move for 3-4 minutes every hour. Join our kick-off on October 25th from 12 p.m. – 1 p.m. in HUB 355.

» Read More

Become a UCR Wellness Ambassador
Join our 61 Wellness Ambassadors to promote and support health and wellness at UCR. Wellness ambassadors serve a critical role to help create a healthy culture and serve as a liaison between your department and the UCR Faculty and Staff Wellness Program. Program sponsor: Dr. Karen White, Associate of the Chancellor.

» Read more

MobileFit: Bringing Fitness to You
Sessions Run October 1 – December 7, 2012
Join an existing MobileFit session. We have 20 groups throughout campus.

» Read more

Survive the Holidays Without Financial Stress
November 1, 12 p.m. – 1 p.m., HUB 269

Proactively managing your finances during this time can help you focus on what matters the most and allow you to start 2013 in a healthy financial state of mind. Join Theron Lyon, Benefits Manager and Financial Counselor, for tips on managing spending during the holidays, year-end tax tips, and creating your 2013 financial resolution. **Save the date!**