Benefits

Get a Head Start: Visit the New 2014 Medical Plans Website Now
UC launched the new Medical Plans website on September 16 in preparation for 2014 Open Enrollment, which begins on October 28 and runs thru November 26. The new site provides detailed information on the medical benefit options available in 2014 and will help you sort out all the information and understand what you need to do when Open Enrollment begins. Watch for more information to be added to the site as we get closer to Open Enrollment on October 28.

New Health Insurance Marketplace – Covered California
As part of the Affordable Care Act (ACA), a new health insurance marketplace that eligible Americans can use to shop for health insurance opens October 1, 2013. In California, the marketplace is called Covered California. Although, UC’s health plans meet all the legal requirements under ACA, Covered California may be an option if you’re not eligible for UC’s benefits. Those who are eligible for UC benefits do not need to take any action, but those who are not eligible for UC benefits may want to learn more about the Covered California marketplace. Additional information can be found by accessing this “Exchange Notice” and/or the Covered California website.

Education & Development

FREE Software Training Available Thru Lynda.com
Lynda.com is an online software training library available to all staff and faculty through R'Space under authorized applications. Lynda.com provides courses and video tutorials on a wide variety of software and technology topics such as Microsoft Office, Adobe software, SharePoint, personal computers, application development, web and graphic design, and much more.

» Read more

Policy, Programs, and Projects

SOCEP Helps Meet UCR Staffing and Student Employment Needs
Now beginning its third year, the Student On-Campus Employment Program (SOCEP) is a student employment program with an objective to increase on-campus student employment for those students not necessarily eligible for work-study. The goals of the program are to:

• Provide students the opportunity to gain valuable UC work experience while earning necessary income
• Provide departments with the opportunity to utilize the skills and abilities of UCR students, strengthen students’ employment potential upon graduation, and reduce staffing costs

Since the official launch of the program in May 2011, SOCEP has seen a steady
increase of part-time on-campus jobs for our students (10% increase). Over the last year alone, there has been a 10% increase in positions posted through SCOTjobs, the Career Center’s portal for campus employment. On-campus student employment engages students and can assist in building a strong resume while providing extra income to off-set living expenses. Pre-professional job titles such as: Video Production, Marketing Assistant, Research Assistant, Programming Technician and Industrial Hygiene & Safety Assistant are samples of postings over the past 90 days that add value to the students' skill-set in conjunction with classroom learning.

SOCEP is jointly sponsored by the Career Center and Human Resources.

» Tap into R'Students today!

Workplace Health & Wellness

Under Pressure — 4 week Blood Pressure Program
It’s not too late to join!
Under Pressure is a month long blood pressure program to teach you the basic facts about blood pressure, give you the tools to take charge of your health, and reward you for daily healthy habits. Read more

MobileFit: Bringing Fitness to You
Join an existing MobileFit session. We have 20 groups throughout campus. Read more

8-week StairWell Challenge begins October 1st
Your 2013 StairWell journey will take you around the world as you virtually climb stairs at some of the world’s most popular tourist attractions. Track your progress in your “passport to health” and earn prizes along the way.

Food Day — October 24, 2013
Food Day raises awareness of not only the importance of food as it relates to health, but is a nationwide celebration of healthy, affordable, and sustainably produced food. For the past 3 years, as part of the Food Day festivities, UCR faculty, staff, and students have had the opportunity pledge to eat in a healthy and sustainable way. Last year, UCR edged out all other UC campuses and collected the most pledges! Take the pledge online.

For more information on Food Day, please visit http://www.foodday.org

Move More for 3-4 videos
Deadline extended submit your videos today!
Create and submit your move more videos to earn rewards and contribute to our online library. We look forward to your submissions! Read More

Submit Healthy Recipes for the UCR Healthy Cookbook
Over the years our Wellness team has received numerous requests for healthy recipes. Our goal is to create a Healthy Recipe Cookbook with recipes from our own UCR faculty and staff. Please contact Julie Chobdee or Neal Malik for more details on the process, recipe criteria, and incentives!