Visionary health fair serves migrant families[1]

Increase understanding of benefits, retirement with on-demand speaker series[2]

The University of Colorado provides faculty and staff access to excellent health plans; savings options for medical, child and adult day care expenses; along with two mandatory and three voluntary retirement programs. With so many options, it can be tricky to navigate, understand and take full advantage of CU's offerings.

That's why the Healthy, Wealthy and Wise program is here to help.

The program allows supervisors to request talks that explain CU's benefits and retirement plans, along with financial strategies to meet personal and family goals. Employee Services, TIAA and PERA professionals will deliver engaging talks through lunch and learns, team meetings or stand-alone workshops.

Healthy, Wealthy and Wise offers 23 talks[3] including Basics of CU Health Plans, Creating Streams of Income: Maximizing CU Retirement Plans, Inside Money: Managing Income and Debt, Money at Work 1: Foundations of Investing, PERA Fundamentals and more. Most talks run from 60 to 90 minutes. Supervisors may also request a day of personal financial consultations for their offices.

Since its launch in July 2018, more than 60 workshops have been held on CU campuses.

Shala Massey, a human resources personnel coordinator at the CU Anschutz Medical Campus, requested the TIAA talk "Inside Money: Managing Income and Debt" for her team last month.

"I personally found this workshop to be very beneficial," she said. "It was nice to have someone to explain how to focus on your money coming in as well as how to manage what's going out. The budgeting worksheet was really eye-opening."

How it works

Requesting a Healthy, Wealthy, and Wise workshop is simple. Supervisors can browse through available talks[4] and select topics that reflect the interests of their department or team. If a supervisor is unsure, Employee Services can provide recommendations.

Next, submit a request[5] for a talk. An Employee Services staff member will reach out to a supervisor within five business days to discuss the group's needs, finalize a topic and choose a date, time and location for the workshop.

With the talk booked, Employee Services will provide a registration webform and promotional fliers to spread the word.

Schedule your talk

Massey scheduled four more sessions over the next few months after her first Healthy, Wealthy and Wise experience, and several employees shared their excitement for the upcoming sessions.

"The Employee Services team made this super easy to schedule and announce to the department," she said.

Take this opportunity to encourage your team to gain a deeper understanding of their benefits, finances and retirement plans. It's information that will benefit them for years to come.

See full details on the Healthy, Wealthy and Wise program.[6]

SpongeBob is not why your child likes junk food, new study shows[7]

Rocky Mountain Institute, NREL speakers headline CU Boulder Transportation Expo [8]

With seven themes, 2030 strategic planning process moves into next phase[9]

Education may be key to a healthier, wealthier U.S. [10]

CU Anschutz at forefront of breakthroughs in Down syndrome research [11]

Researchers discover a genetic defect linked to pediatric liver disease [12]

Leadership lessons from Steve White, president of Comcast's West Division[13]

Elliott named to interdisciplinarity committee[14]

Guiding juvenile offenders sparked Caudill's interest in teaching and researching criminal justice[15]

Cassidy named assistant dean for community-based medical education [16]
[17]

Heather Cassidy, assistant professor of medicine, has been named the new assistant dean for community-based medical education.

Cassidy is a primary care internist in Colorado Springs. She serves as director of community engagement at the School of Medicine's Colorado Springs branch, where she works closely with medical students, faculty, and local

community partners to address health disparities and advance community health. She is involved extensively in curriculum reform, service-learning curricula, mentorship of medical students, and leadership of the longitudinal integrated clerkship.

As assistant dean for community-based medical education, Cassidy will develop and lead programs focusing on recruitment, support, and preceptor development for the School of Medicine's 3,000 volunteer faculty members.

The Congressman: Neguse – regent emeritus, former student body president – goes to Washington[18]

Links
[1] https://connections.cu.edu/spotlights/visionary-health-fair-serves-migrant-families[2] https://connections.cu.edu/stories/increase-understanding-benefits-retirement-demand-speaker-series[3] https://www.cu.edu/employee-services/benefits-wellness/current-employee/retirement-plans/healthy-wealthy-wise[4] https://www.cu.edu/docs/healthy-wealthy-and-wise-checklist[5] https://www.cu.edu/employee-services/forms/request-healthy-wealthy-and-wise-talk[6] http://www.cu.edu/hww[7] https://connections.cu.edu/stories/spongebob-not-why-your-child-likes-junk-food-new-study-shows[8] https://connections.cu.edu/stories/rocky-mountain-institute-nrel-speakers-headline-cu-boulder-transportation-expo[9] https://connections.cu.edu/stories/seven-themes-2030-strategic-planning-process-moves-next-phase[10] https://connections.cu.edu/stories/education-may-be-key-healthier-wealthier-us[11] https://connections.cu.edu/stories/cu-anschutz-forefront-breakthroughs-down-syndrome-research[12] https://connections.cu.edu/stories/researchers-discover-genetic-defect-linked-pediatric-liver-disease[13] https://connections.cu.edu/stories/leadership-lessons-steve-white-president-comcast-s-west-division[14] https://connections.cu.edu/people/elliott-named-interdisciplinarity-committee[15] https://connections.cu.edu/people/guiding-juvenile-offenders-sparked-caudill-s-interest-teaching-and-researching-criminal[16] https://connections.cu.edu/people/cassidy-named-assistant-dean-community-based-medical-education[17] https://connections.cu.edu/sites/default/files/p_cassidy.jpg[18] https://connections.cu.edu/stories/congressman-neguse-regent-emeritus-former-student-body-president-goes-washington