CU drills home importance of preventive care, holistic approach[1]

ALREADY ENROLLED? **Check your benefits confirmation** The day after you've enrolled, you can check your selections in the CU Resources tab of the employee portal[2]. Click on the Benefits and Wellness menu, and select Benefits Summary. Enter the effective date "7/1/2016." Press Go. You will see the selections you made during Open Enrollment.

Laura Hall's day job as a benefits counselor involves explaining the ins and outs of CU Health Plans to University of Colorado faculty and staff. Yet, here she finds herself, in a mask and protective goggles, dental drill in hand, about to bore a hole in a tooth.

Hall is taking part in a recent dental simulation clinic at CU Anschutz's School of Dental Medicine. There, dental students guided benefits counselors as they drilled and filled cavities on plastic tooth molds. The reason? To improve your overall health.

"It's wonderful to give them hands-on experience with dental procedures and show them why prevention is so important," says Denise Kassebaum, dean of the School of Dental Medicine.

When the CU Health and Welfare Trust organized its annual benefits counselor training on CU Health Plan changes for the new plan year, it wanted to emphasize the ways its medical and dental plans are designed to work in tandem to improve health outcomes for CU faculty, staff and their families.

More than 164 million work hours are lost each year in the U.S. due to dental pain, Kassebaum noted in a presentation. Neglecting basic dental care is more expensive than preventive care and results in worse overall health. It is well-documented that oral inflammation and infections can worsen many other conditions and negatively affect the cardiovascular, endocrine, reproductive, respiratory, excretory and skeletal systems.

To help employees avoid these problems, CU's three dental plans[3] (two for employees, one for retirees) cover preventive services including two complimentary evaluations and cleanings along with X-rays each year.

The dental plans work in tandem with medical offerings to provide additional cleanings for health plan members who have documented gum conditions along with diabetes, pregnancy, cardiovascular disease, kidney failure or suppressed immune system due to chemotherapy, radiation treatment, HIV-positive status, organ transplant, stem cell and bone marrow transplants.

"If we take an integrated approach, you can expand your benefits across both spectrums and save money," says Gena Trujillo, assistant vice president of CU Health Plan Administration. "Our goal is to design the health plans so they work together."

In their approach to care, the Health and Welfare Trust and School of Dental Medicine work toward the "triple aim" of improved health, lower costs and improved care. This means evidence-based clinical guidelines; disease management, risk identification and changes to care based on patient risks; and a focus on prevention and improving dental health.

"You can't get to personalized care without thinking about actual people," Kassebaum says. "It's about empowering patients to know their numbers. What do they know about their own periodontal health?"

CU employees may make changes to their benefits before Open Enrollment[4] ends at 5 p.m. Friday If you're ready to enroll, get started here[5].

Benefits counselors are available to answer questions about plans by calling 303-860-4200, option 3.

"The simulation really put in perspective how important preventive care is, how even one tooth can go through several stages of drilling more and more cavities," Hall says. "It made me want to floss immediately!"

If you think you might find yourself in the dentist's chair this year, CU's benefits counselors will be happy to answer

questions about what's covered – no drilling involved.

CU launches comprehensive online initiative[6]

CU is taking steps toward a systemwide online presence with the launch next week of University of Colorado Connect, a hub that matches mostly new students with offerings on the four campuses.

The initiative received the backing of campus chancellors, who in fall 2014 told the Board of Regents the effort would enhance CU's online presence and compete with the many traditional and for-profit institutions in the online marketplace. They assembled a team with representation from campuses and system administration -- in the broad areas of academic offerings, finance, technology and marketing -- to move the initiative forward.

"We have made significant progress to get to this point, but this project will continue to grow and evolve," said UCCS Chancellor Pam Shockley-Zalabak, who is chairing the effort. The chancellors form the executive committee and the chair position rotates annually.

Each campus has substantial online degree programs and certificates, but the University of Colorado Connect is an effort to leverage the institution's collective offerings and give current and prospective students a spectrum of choices.

Systemwide, CU offered 31 fully online degree programs (27 graduate, four undergraduate)in 2012-13. Two years later, it increased to 41 (31 graduate, 10 undergraduate). Additionally, CU offered 52 certificate programs fully online. Shockley-Zalabak said the number of fully online degrees could increase to more than 70 in the coming academic year.

The launch will be accompanied by a marketing campaign aimed at driving students to the web portal, which functions as a hub that connects them to campus offerings. Target audiences include new traditional and non-traditional students, community college students and transfers, and high school and home school students. Additionally, current CU students will be able to take courses at other campuses through concurrent enrollment.

Marketing will be focused on digital advertising, social media, radio and print collateral for communities, high schools and community colleges. It will begin appearing in markets on Monday.

Registration open for COLTT 2016[7]
[8]

Registration for the 19th annual Colorado Learning and Teaching with Technology (COLTT[9]) Conference is now open.

This signature regional professional development event is set for Aug. 3-4 in the Wolf Law Building[10] and adjacent Idea Forge[11] at CU-Boulder.

Click here[12] to register.

The event promises new engagements such as a maker lab and ed tech speed dating. Attend the un-conference and in-depth seminars added to the session lineup and even meet some tech superheroes.

This year's Café Pédagogique will be at the new CU-Boulder athletics facilities Rooftop Bar overlooking Folsom Field and the Flatirons.

Take advantage of early bird registration rates, and consider seeking registration underwriting from your department, office, college, or program.

Questions: coltt@cu.edu[13].

Join Bolder Boulder's Black and Gold Wave[14]
[15]

Ready to race and show your University of Colorado pride? The special CU wave for alumni, students, faculty and staff returns to this year's Bolder Boulder.

Join Chip and friends for the Black and Gold Wave at what's known as the all-time best road race, the Bolder Boulder. The 10K is run annually on Memorial Day.

Register online here[16] and be sure to select the Black and Gold Wave when entering your "running type."

Donors, opera star highlight beam topping at Ent Center for the Arts[17]

CU volunteer fundraising leadership convenes at UCCS[18]

The University of Colorado Colorado Springs on Friday hosted the quarterly meetings of the CU Foundation Board of Trustees and its governing Board of Directors. The CU Foundation partners with the university to process, manage and invest all philanthropy supporting University of Colorado programs, including 2,463 donor-funded endowments totaling $1.055 billion.

At the meeting, Chancellor Pamela Shockley-Zalabak recapped for Trustees a half-century of UCCS successes, including a College of Business Soccer Management track being initiated in partnership with the Colorado Rapids, as well as lighter cultural highlights (such as the UCCS Pep Band winning "best band" in the local St. Patrick's Day Parade). She touched upon a new center for innovation and entrepreneurism that fosters collaboration among four Pikes Peak region institutions of higher education.

"It's the first of its kind to have a military academy, a community college, a private liberal arts college and a state university working together on this type of initiative," Shockley-Zalabak said.

She also detailed recent campus developments that have occurred thanks to donor philanthropy, such as the creation of the Mind-1 Traumatic Brain Injury Center on the heels of a $3.16 million donor gift. The 1965 Main Hall Scholarship Fund launch in honor of the campus' 50th anniversary last year wound up raising nearly $5.1 million, nearly triple the original goal of $1.965 million. This year, the campus has seen a 36 percent year-over-year increase in the number of alumni who have made gifts and a whopping 792 percent increase in students who have made a gift.

An illuminating presentation by CU Foundation Chief Financial Officer Mike Pritchard gave Trustees a deep dive on fundraising and the flow of various types of private support through the Foundation and university. In fiscal year 2015, CU benefited from approximately $375 million in private support.

Earl Wright, chair of the investment policy committee, updated attendees on the market performance of CU Foundation endowments as of March 31. Though recent market volatility has challenged the investment landscape, the endowments — managed by Perella Weinberg Partners under the investment leadership of CU-Boulder alumnus Chris Bittman — have outperformed each of CU's primary benchmarks for the one-year, three-year and 10-year time frames.

CU President Bruce Benson, CU Foundation Chair James Linfield and CU Foundation CEO Jack Finlaw recounted recent highlights and activities of the university and Foundation. Trustees Jeannie Thompson and Heidi Ganahl each gave enlightening presentations on planned giving and on volunteer engagement.

A Thursday night reception at the Roaring Fork Dining Hall featured select outstanding UCCS students mingling with donors and staff leadership. Attendees learned of other recent UCCS developments including the new National Cyber Intelligence Center, for which UCCS is a key leader. Interestingly, the center will be housed in a building that came to the university in a novel planned-giving transaction called a bargain sale — in which a donor sells a property to a charity for less than its fair market value, with the difference constituting a philanthropic contribution.

Jake Jabs lists keys to entrepreneurial success[19]

New cybersecurity certificate to be offered at CU South Denver[20]

In season opener, Colorado Shakespeare Festival flips the script[21]

For first time, Colorado directly funds cancer research[22]

My New Weigh offers May info sessions, classes[23]

Have you tried everything to lose weight, only to regain? Are you ready for a new way?

Discover My New Weigh[24], medically supervised weight management, available at the CU Anschutz Health and Wellness Center. Specifically designed for those needing to lose at least 30 pounds or those with health issues related to their weight, this effective program is:
medically supervised, includes weekly, small group, lifestyle modification classes, uses a science-based, nutritionally balanced meal plan, focuses on long-term behavior change.
My New Weigh provides you with the tools needed for long-term success. Classes are held on the Anschutz Medical Campus in the evening and lunch hour.

The next class starts at 5 p.m. May 26.

Free information sessions are set for 5 p.m. today and May 19. Go to http://anschutzwellness.com/weight-loss/my-new-weigh/[24] to sign up.

Stevenson to step down as Graduate School dean, return to faculty[25]

Thomas succeeds Byers as ECHO Colorado director[26]

Byers' last lecture: 'Problems With Prevention'[27]

Nguyen named Student Employee of the Semester[28]

System Staff Council announced that the Student Employee of the Semester Award Winner for spring 2016 is Samantha Nguyen, Technology Transfer.

The award is given to a system administration student employee who demonstrates outstandingly high levels of: Quality of Work Professionalism Initiative Customer Service (internal and/or external) Reliability/Accountability Uniqueness of Contribution
This award comes with a $125 (pre-tax) award.

Comments from the nomination:

"Sam's work is consistently of the highest quality with great attention to details. Our office demands high quality work with limited supervision and Sam never disappoints. She is always timely with projects and truly understands the world of patents. It is a great feeling knowing you can trust the work Sam performs and that details will not be missed."

"Our office is very different from other departments on campus and requires a unique skill set. Sam had to learn all about patents, which are very complicated, and has done a wonderful job! It also speaks miles that Sam has chosen to work in our office her entire time at CU. Sam has provided us with a document-naming protocol that will be used for years to come."

The next Student Employee of the Semester award will be presented in fall 2016.

Dining services earns award[29]

Scholarship program aims to help keep college grads working in Colorado Springs[30]

CU-Boulder field school lets students explore mountains, plains with art[31]

CU-Boulder to probe how sleep deprivation affects gut microbes[32]

Links
[1] https://connections.cu.edu/stories/cu-drills-home-importance-preventive-care-holistic-approach[2] https://my.cu.edu/[3] http://www.cu.edu/employee-services/dental-plan-options[4] http://www.cu.edu/oe[5] https://www.cu.edu/employee-services/how-enroll[6] https://connections.cu.edu/stories/cu-launches-comprehensive-online-initiative[7] https://connections.cu.edu/stories/registration-open-coltt-2016[8] https://connections.cu.edu/sites/default/files/coltt_top.jpg[9] http://click.communications.cu.edu/?qs=645b4b2427e0d282e64a3725d5eb45dccfb55c66c6c2c06b9ccd118e577e303ec6472156e78d08ef[10] http://click.communications.cu.edu/?qs=645b4b2427e0d2820da17d255011e0c760c86c0750593b16a5191ac73072e86213ca9bfd381ccd41[11] http://click.communications.cu.edu/?qs=645b4b2427e0d282e9d8c415ce0f38408a3f84c3ea59ef52f18a309a0364e0b82a013e696f4ca9aa[12] https://confreg.colorado.edu/Registration/Welcome.aspx?e=81FCDA2EAFCB0999FCA960A0AEC59EA8[13] mailto:coltt@cu.edu[14] https://connections.cu.edu/stories/join-bolder-boulder-s-black-and-gold-wave[15] https://connections.cu.edu/sites/default/files/bolder-boulder-bg-wave_top.jpg[16] http://www.bolderboulder.com/register/register-online/[17] https://connections.cu.edu/stories/donors-opera-star-highlight-beam-topping-ent-center-arts[18] https://connections.cu.edu/stories/cu-volunteer-fundraising-leadership-convenes-uccs[19] https://connections.cu.edu/stories/jake-jabs-lists-keys-entrepreneurial-success[20] https://connections.cu.edu/stories/new-cybersecurity-certificate-be-offered-cu-south-denver[21] https://connections.cu.edu/stories/season-opener-colorado-shakespeare-festival-flips-script[22] https://connections.cu.edu/stories/first-time-colorado-directly-funds-cancer-research[23] https://connections.cu.edu/stories/my-new-weigh-offers-may-info-sessions-classes[24] http://anschutzwellness.com/weight-loss/my-new-weigh/[25] https://connections.cu.edu/people/stevenson-step-down-graduate-school-dean-return-faculty[26] https://connections.cu.edu/people/thomas-succeeds-byers-echo-colorado-director[27] https://connections.cu.edu/people/byers-last-lecture-problems-prevention[28] https://connections.cu.edu/people/nguyen-named-student-employee-semester[29] https://connections.cu.edu/people/dining-services-earns-award[30] https://connections.cu.edu/itn/scholarship-program-aims-help-keep-college-grads-working-colorado-springs[31] https://connections.cu.edu/itn/cu-boulder-field-school-lets-students-explore-mountains-plains-art[32] https://connections.cu.edu/itn/cu-boulder-probe-how-sleep-deprivation-affects-gut-microbes