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## UMS\_Resources for Challenging Times\_Wellness & Benefits Update Email

University of Maine System

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## Resources for Challenging Times

1 message

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 To: matthew.revitt@maine.edu

Thu, Oct 15, 2020 at 10:15 AM

## WELLNESS AND BENEFIT UPDATE



### **Healthy & Maine Wellness and Benefit Newsletter Autumn 2020**



For many of us, the spring and summer featured not just our own adjustment to the impact of the COVID-19 pandemic, but significant demands upon us to ensure both the safety and well-being of others. While there can be much reward in taking good care to be certain our families and colleagues are attended to, it can leave individuals feeling as if they are unable to find appropriate opportunities to take care of their own needs and challenges.

That's why the theme of this *Healthy & Maine* newsletter is to encourage the use of some "Me Time," the chance to push back from the computer and what's important now with day-to-day responsibilities in support of others to be sure we're taking care of ourselves. The University of Maine System Wellness

Program provides significant resources to assist and whether it's news and information on something as simple as where to get your flu shot or how to access your Employee Assistance Program, there are really helpful tips and connections available for YOUR ongoing health and fitness.

### **Your Focus on Health in 2020 - 2021**

### **[Pushing Back Pandemic Stress](#)**



#### **This May Be Your Most Important Flu Shot**

The flu shot is a simple way to help protect yourself against the flu. Those at high risk for flu complications (includes anyone under the age of five, but especially younger than two years old, and those who are over age 65, pregnant, or suffering from a medical condition such as asthma or heart disease), are encouraged to receive their flu shot.

One of the most important skills to develop in effectively dealing with the challenges generated by the pandemic is self-monitoring our own individual stress levels. The ability to identify stressors and determine how they are contributing to difficulties dealing with finances, fitness, and family is an important first step in finding healthy ways forward with the support of a stress management toolbox.

If you haven't had the opportunity to take advantage of an on-campus flu shot clinic, you can find pharmacies & clinics near you offering the flu shot by going to: [myCigna.com](https://myCigna.com) and clicking Find Care & Costs then click Search Pharmacies or Urgent Care, or by calling Cigna at 1.800.244.6224 and confirming with a Cigna representative the closest location for your flu shot.

[Here is a list of some of the flu shot clinics nearest you!](#)



provider is the answer.

[Visit MDLiveforCigna.com, log in and click on Schedule Wellness Screening](#)

### Renew Preventive Care Visits

What is your comfort level visiting your primary care physician for your annual wellness visit? It's something to consider if you have deferred health care decisions as a result of the COVID-19 pandemic. If you're not quite ready to return to the regular schedule, perhaps a wellness screening done virtually with an MD Live



### TIAA Virtual Benefits Fair

TIAA has created [the TIAA Virtual Benefits Fair](#), where you can enroll, get advice and education and have some fun while you are touching an important base.

[Drop by now](#) and TIAA will help you get the most out of your retirement benefits. You can connect with a TIAA investment professional, build your financial knowledge with free live webinars, use the Paycheck Calculator to determine how your monthly contributions impact your take home pay, and play the Financial IQ Challenge.

[Visit today to check in on your retirement plan or simply get some useful savings tips. And don't forget to tell your coworkers all about it.](#)

### Employee Assistance Program

Managing stress and maintaining strong emotional health are challenging enough with busy schedules and multiple obligations, but resources from your Employee Assistance Program can help support your overall fitness in so many ways.

### Now, There's Talkspace

Talkspace is an online therapy platform that makes it easy and convenient for you to hold sessions with a licensed behavioral therapist from anywhere, at any time. No commutes or long waits. With [Talkspace](#), you can send private messages to, or hold live video sessions with, your dedicated therapist through a secure digital app platform.

### CONTACT US

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### We all need something to feel good about, why not our health?

2020 has been a challenging year with plenty of change in our everyday lives, but one constant is the need to stay strong and fit for ourselves and for our families. That's why you may want to explore Omada, an offering of the University of Maine System benefits plan.

You'll receive the program at no additional cost if you or your adult dependents are enrolled in the University of Maine System medical plan offered through Cigna, are at risk for diabetes or heart disease, and are accepted into the program.

### Want to Learn More About Omada?



#### [Still Need to Qualify for Level 2?](#)

Still interested in the Level 2 incentive? There is time to satisfy the requirement by November 30.



#### [Open Enrollment Dates Set](#)

It's never too soon to consider your benefit designations for 2021. Open Enrollment is just around the corner!



TRESTLETREE®

#### [More than the Winter Blues?](#)

It's called Seasonal Affective Disorder and you can learn more in a special TrestleTree webinar.

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