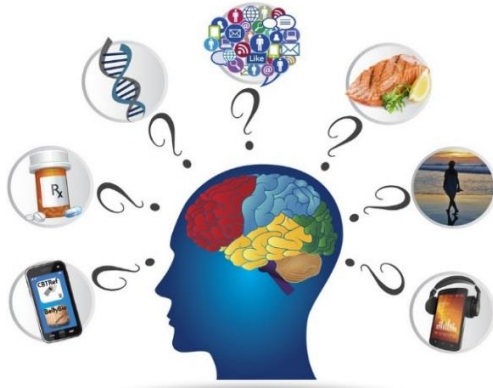


Wellness Events this Month



2015 Employee Benefits Fair

Get Informed, Learn about Your Benefits, Meet our Vendors, Win Prizes, and Enjoy Free Massages and Snacks!



Connecting Your Life - Your Health - Your Benefits

Benefits Fair

Wednesday June 24, 2015

10am – 2:30pm

Science Building

Benefits Open Enrollment

June 29 – July 31

Meet Our Vendors

Get to know our Title Sponsors

Personal Finance, Retirement, Insurance

VOYA
FINANCIAL™

<https://www.voya.com/>

VALIC

<https://www.valic.com/>

Learn about Employee Discounts

**As a TSU employee, did you know that you qualify for over 100 discounts?
Don't shop without checking to see what discounts you might be eligible for!**

Visit <http://www.beneplace.com> for more information

- ✓ Automotive
- ✓ Dining & Grocery
- ✓ Education
- ✓ Electronics
- ✓ Entertainment
- ✓ Family
- ✓ Financial Wellness
- ✓ Flowers & Gifts
- ✓ Health & Wellness



- ✓ Home & Garden
- ✓ Home Office
- ✓ Insurance
- ✓ Local Discounts
- ✓ Moving Services
- ✓ Retail
- ✓ Sports & Outdoors
- ✓ Travel
- ✓ Wireless Phones



New Plan Rates for Employee Benefits starting Sep 1 2015



Click [HERE](#) to view the new rates
Visit the [ERS website](#) for more information.



Rec Center Summer Promotion



- Faculty and Staff who sign up during the months of June and July will receive a **membership rate of \$10** a month. (Special begins June 1, 2015)
- **Benefits Fair Special:** Faculty and Staff who sign up at the TSU Benefits Fair will receive (2) months free (July and August). Must purchase a semesterly or annual membership at the regular rate. Will begin on September 1, 2015.
- **Test the Waters:** Not sure if the Rec Center is for you? Try it out free for (7) Days.

The Employee Assistance Program (EAP)



Through the Employee Assistance Program, or EAP, you and your family members can access free, convenient, and confidential services.

The EAP offers a variety of services including counseling sessions with a licensed mental health professional, legal and financial resources, and WorkLife referrals.

713.500.3327 www.uteap.org



Wellness Champion of the Month!

Carolina Velasco, HR Representative

Department of Human Resources and Payroll Services

Striving to learn to be healthy for myself and my family motivates me!

The wellness program has helped me to learn more about the importance of nutrition and tips on how to stay healthy. Being around others who have the same goals help to keep me motivated to stay healthy. I enjoy walking outdoors even if it's mostly on the weekends. *My main goal is just to feel better about myself and teach others along the way.*

