New Year, New You!
Resolving to Live a Healthier Life

If you’re like most people, you greet the new year with a renewed commitment to improve your health – whether physically, financially or emotionally.

And that’s a good thing! While some would have you believe resolutions are a waste of time, the opposite is more likely true. Studies conducted by John Norcross, a University of Scranton psychologist and author of Changing for Good, indicate that the very act of making resolutions improves your chance of success and that some 64% of those who make New Year’s resolutions are still hanging in there at the end of January.

While the first step – making resolutions – is up to you, here are some tips from BlueCross BlueShield that may help you achieve your New Year’s goal.

- **Try practicing mindfulness or meditation.** Training your mind may help change behavior.
- **Replace unhealthy behaviors with healthy ones.** Try exercise, a favorite hobby or spending time with family.
- **Enlist support.** Ask friends, family and co-workers to support your efforts. Avoid people who engage in the habits you want to break.
- **Reward yourself for small successes.** Give yourself a healthy treat when you achieve a goal.

Northwestern’s YourLife Wellness Program offers a number of activities, events, and resources that can help you stick to your resolutions and achieve your goals, as highlighted in this issue of YourLife.

So, what are you waiting for? Let’s get started on your New Year’s resolutions and living a healthier life!

**Well onTarget Fitness Program:**
*Free Enrollment!*

During January 2018, the Well onTarget Fitness Program will waive the $25 enrollment fee for employees enrolled in a Northwestern-sponsored BCBS medical plan, as well as their covered dependents age 18 and older.

If one or more of your New Year’s resolutions focuses on physical well-being, check it out! The Well onTarget Fitness Program membership is:

- **Inexpensive** – just $25 a month (and there’s no enrollment fee if you sign up in January).
- **Convenient** – unlimited access to a nationwide network of more than 8,000 participating fitness centers, so you can visit one near home and one near work.
- **Flexible** – no long-term contract. You can enroll in the Well onTarget Fitness Program:
  - Online – login to www.bsbci.com and click on “Fitness Program” in the QuickLinks section; at checkout enter coupon code “NUYourLife”.
  - By phone – call (888) 762-2583 (BLUE) toll-free Monday-Friday, 8:00 a.m. to 9:00 p.m. in any continental U.S. time zone; provide coupon code “NUYourLife”.
  - *Coupon code valid during January 2018 to waive the $25 enrollment fee.*

Learn How to Save a Life with “Hands Only” CPR

If you or someone you know experiences a heart attack or cardiac arrest, receiving immediate CPR – cardio-pulmonary resuscitation – can be the difference between life and death.

That’s why Northwestern is conducting two on-campus “Hands Only” CPR training sessions. During these one-hour sessions you’ll learn the difference between a heart attack and cardiac arrest, learn the techniques to quickly apply CPR and possibly save someone’s life, and get “hands on” training with a mannequin.

- **Chicago** – Friday, February 9, 12:00 p.m. - 1:00 p.m., McGaw Pavilion, Room 1-401; to register, [click here](#).
- **Evanston** – Friday, February 16, 12:00 p.m. - 1:00 p.m., Rebecca Crown, Hardin Hall; to register, [click here](#).
**ENERGY Dietitian Consultations**

The ENERGY Nutrition Resource Group now offers FREE on-campus monthly consultations with a registered dietitian nutritionist (RDN).

During each 20-minute one-on-one appointment, the dietitian will help you understand the components of eating a balanced diet, planning menus, and setting realistic nutrition goals, as well as provide motivational tips that can encourage your future progress. Consultations are available to all Northwestern faculty and staff. To schedule a consultation, click here; use site code “NWU”.

- **Returning User?** If you’ve previously created an online account for a seasonal flu shot, login with the same username and password.
- **New User?** Click “Register Account” and complete all required fields.

**ENERGY Dietitian Consultations: January-March 2018**

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<tr>
<th>Schedule</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Chicago Campus</strong></td>
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<tr>
<td>January 16, February 13, and March 13</td>
<td>9:30 a.m. - 2:30 p.m.</td>
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<tr>
<td><strong>Evanston Campus</strong></td>
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<tr>
<td>Thursdays: January 18, February 15, and March 15</td>
<td>9:30 a.m. - 2:30 p.m.</td>
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**Come Join Us! YourLife Fitness Classes**

YourLife and Northwestern Recreation co-sponsor exercise classes each quarter that accommodate all levels of ability. Class size is limited, so advance registration is encouraged. Drop-ins are welcome, if space permits. For registration information and to view the Winter 2018 schedules, click here.

**Fall Movement Challenge: The Results**

More than 470 faculty and staff members comprised of 37 teams participated in the Fall Movement Challenge (October 30–December 11) logging over 80,000 miles. Congratulations to all who participated!

- The top three team winners with the highest average miles per person were:
  - Walking Women of Weinberg with 368.62 miles per person
  - Fantastic Feinberg Fitness Fanatics with 360.97 miles per person
  - Northwestern IT with 280.89 miles per person

- The top three individual winners with the most miles logged were:
  - Jason Givan, Fantastic Feinberg Fitness Fanatics, with a total of 1,196 miles
  - Josephine Williams, Northwestern IT, with a total of 1,182 miles
  - Katura Arego, Infectious Disease, with a total of 1,003 miles

**New Lactation Room in Mudd Library**

The Office of Work/Life & Family Resources is pleased to announce the availability of a new lactation room in Mudd Library. For details, click here.

**MLK Day is January 15, 2018**

Each year, the holiday commemorating the birth of Martin Luther King, Jr. is a day promoting year-round volunteer service and civic engagement. For more information about MLK Day activities and events planned for the Northwestern community, click here.
Dealing with Diabetes: Managing Your Health
If you or a loved one has been diagnosed with diabetes, you can manage your condition – and live a long and healthful life – by balancing the food you eat with exercise and medicine (if prescribed). Controlling your weight and keeping your blood glucose in a healthy range are key.

- **Choose a healthy lifestyle.** Manage your weight through proper nutrition and regular physical activity.
- **Track your critical health numbers.** Through self-monitoring and regular visits with your health care provider, you can keep track of your blood sugar, blood pressure, blood cholesterol, and weight.
- **Keep a food and blood glucose log.** Record what you eat, when you eat it, and how it affects your glucose levels. Check your blood sugar 60-90 minutes after eating to see how your body reacts to various foods.
- **Work with your health care team.** Diabetes can have multiple health implications (affecting your vision, your feet and legs, and your heart) and treating it can require medications and a special diet. Your health care team may include a number of medical professionals with various specialties, and can help guide you to implement a comprehensive plan to treat your diabetes and minimize its effects.

Source: American Heart Association

Colorectal Cancer Rates Are Rising in Young Adults
Colorectal cancer rates are rising among adults under age 50. Based on a study conducted by researchers at The University of Texas MD Anderson Cancer Center, by 2030 the rate of colorectal cancer among adults:

- **Ages 20-34** – will increase by 90% for colon cancer and by 124.2% for rectal cancer.
- **Ages 35-49** – will increase by 27.7% for colon cancer and by 46% for rectal cancer.

Though the reason(s) for rising colorectal cancer rates in young adults isn’t clear, there may be a link to rising rates of obesity and Type 2 Diabetes. Diet also may be a factor.

Here are **seven things** you can do to minimize your risk of developing colorectal cancer.

Mindfulness Meditation: Weekly Sessions Continue
If you’d like to learn more about meditation, check out these FREE sessions. Registration is not required.

**Chicago** – Tuesdays, 1:30 p.m. - 1:55 p.m. in Abbot Hall, Women’s Center, Suite 1400; guided sessions led by Elizabeth Tuckwell, founder of the website [www.artwithintention.com](http://www.artwithintention.com).

**Evanston** – Fridays, 12:00 p.m. - 12:25 p.m. in Parkes Hall, Multi-Belief Space, Room 204; sessions led by Eric Butzynski, Associate for Religious & Spiritual Life at Northwestern.

Stress Hardiness: Developing Your Coping “Muscles”
We all deal with stress daily, whether it’s caused by driving in traffic, looming work deadlines, mounting financial pressures, or juggling work and family responsibilities. Dealing with stress can leave us feeling threatened, inadequate, or powerless and can affect our ability to function effectively.

How well you deal with these pressures can depend on your “stress hardiness” – possessing the skills and understanding the techniques that can help you better cope with stress.

For some tips on how to build your stress hardness, [click here](#) and enter username (Northwestern) and password (eap).

Supporting Your Mindfulness and Well-Being
Here are three ways to enjoy a moment of mindfulness or a short meditation, so you can remain centered in a stressful situation:

- **Breathe** – an online stress management resource developed by Northwestern offers guided meditations and breathing exercises to help you deal with stress.
- **Calm** – a popular mindfulness app with which Northwestern has partnered provides FREE access to the app’s meditation content using your Northwestern email address.
- **Headspace** – a personal meditation app offers hundreds of themed sessions led by Elizabeth Tuckwell, founder of the website [www.artwithintention.com](http://www.artwithintention.com).

Adult & Senior Caregivers: Onsite Support
Are you a caregiver for an adult or senior loved one? If so, Northwestern’s caregiver support services now include monthly meetings facilitated by a licensed geriatric social worker from Care.com.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>RSVP Link</th>
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</thead>
<tbody>
<tr>
<td>Wednesday, January 17</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>Norris Center, Arch Room (256)</td>
<td>RSVP</td>
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<td>Wednesday, February 14</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>Norris Center, Chicago Room (103)</td>
<td>RSVP</td>
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<td>Wednesday, March 14</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>Location TBD</td>
<td>RSVP</td>
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For more information, [click here](#).

Greenspace Office Certification
The Greenspace Office Certification program engages faculty and staff in the process of adopting environmental best practices in the workplace. The program offers guidance on conserving energy and water, reducing waste, and increasing environmental awareness on campus. To get started, contact SustainNU.
2018 Educational Assistance Benefits: What You Need to Know

The following enhanced Educational Assistance benefits are effective for classes beginning on or after January 1, 2018:

- **Employee Reduced Tuition Plan (ER)** – A 90% discount on tuition for undergraduate or graduate courses you take at Northwestern, as well as non-credit, on-campus Professional Development Programs through the School of Professional Studies. The maximum calendar-year discount is $12,000.
- **Enhanced Employee Reduced Tuition Plan (EER)** – A 90% discount on tuition for undergraduate or graduate courses you take at Northwestern, as well as non-credit, on-campus Professional Development Programs through the School of Professional Studies. There is no calendar-year maximum. *Note: This plan is available ONLY to active, full-time, benefits-eligible Northwestern employees who have completed three or more years of continuous, benefits-eligible service prior to the beginning of the term, earn less than $100,000 gross annually, and are currently on the University payroll.*
- **Employee Northwestern Certificate Tuition Plan (EC)** – 100% reimbursement of tuition and eligible fees for non-credit, short-duration certificate programs taken at Northwestern. The maximum calendar-year reimbursement is $12,000.

**Important!** Educational Assistance benefits you receive for ER, EER, EC, and ETP (Employee Portable Tuition Plan) in excess of $5,250 per calendar year are taxable as non-cash compensation. You may wish to discuss these tax considerations with a professional tax advisor before applying for these benefits. Educational Assistance benefits FAQs are available online.


Life happens, and when it does you’ll need an emergency fund that you can readily access to cover unexpected expenses that may arise.

Your family’s emergency fund should cover:

- 6 months of living expenses – if you are a single-income household.
- 3 months of living expenses – if you are a dual-income household.

A new child, an ailing parent, home repairs, a change in employment… these are all variables that can affect your cash flow and potentially threaten your family’s financial security.

If your emergency fund is short on cash, how do you increase it? There’s no easy answer, but here are some helpful tips:

- **Increase your savings** – $50 to $100 a paycheck is a good start, more if you can.
- **Reduce your discretionary spending** – bringing your lunch from home and minimizing trips to coffee shops could save you $30-$50 or more per week!

If you get caught short – if something happens that depletes your emergency fund – you may be able to tap into current or liquid assets, but this should be a last resort. The goal is to have enough cash in your emergency fund to meet any short-term needs that arise.

NU Cares: Helping Northwestern Faculty and Staff in Need

NU Cares, which was established in 2010 by NUSAC, provides an opportunity for faculty and staff to help one another during a time of need. You may donate to the NU Cares fund by check or payroll deduction. All contributions are used to assist fellow employees experiencing a short-term financial hardship. Employees who are eligible for healthcare benefits and who are in good standing at the University are eligible to apply for financial assistance from NU Cares by completing an online application.

NUSAC serves as an advisory voice and change agent for Northwestern staff in matters relating to community development, professional opportunities, and workplace concerns. For more information, click here.

**YourLife Mission Statement**

As the Northwestern wellness program, YourLife will create and sustain a culture that educates, motivates, and empowers faculty, staff, retirees, and their eligible family members, to adopt and maintain healthy lifestyles. Taking responsibility for one’s health and well-being is vital to getting the most out of your life and making valuable contributions to the mission of the University.

2018 Financial Workshops

YourLife and the Retirement Office have partnered with Fidelity to provide a series of financial wellness workshops for Northwestern faculty and staff. Workshops will be held every other month throughout the 2018 calendar year. Workshops scheduled for January and March are shown below. For information about future workshops, visit the YourLife events page.

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<thead>
<tr>
<th>Beginning Savers</th>
<th>Experienced Savers</th>
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<tbody>
<tr>
<td>January 16</td>
<td>March 13</td>
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<tr>
<td>Norris University Center, Northwestern Room 202, Evanston</td>
<td>Norris University Center, Wildcat Room 101, Evanston</td>
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<td>RSVP</td>
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<td>January 19</td>
<td>March 14</td>
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<tr>
<td>Lurie Research Building, Baldwin Auditorium, Chicago</td>
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Did You Over-spend on the Holidays? Don’t Worry, Make a Plan

The holidays are fun, right? But they can be expensive, too – there are gifts to buy, parties to host, and family gatherings near and far to attend. It can be tough when the bills for holiday-related expenses begin to arrive in January. If you spent more than you planned for the holidays and you now have significant credit card debt, it doesn’t help to get stressed out and worry about it. Instead follow these tips; they’ll help you get through this challenge and be better prepared for next year.

- **Set a monthly budget.** Take a look at your monthly expenses and identify those that you can reduce or eliminate. This may require some tough decisions, but it’s an essential first step. You might find it useful to use a website such as mint.com to help with your budgeting plans. This type of website can even send you alerts when you are approaching your spending limit.
- **Create a plan.** Within your budget, allocate an amount to pay off your debt as quickly as possible, ideally no more than three to six months. This is where budgeting can really help by eliminating unnecessary expenses to free up funds to pay off your holiday-related debt.
- **Give yourself an allowance.** If your budget is too strict, you’re less likely to stick to it. Make sure to include some funds for “fun” purchases each month.
- **Watch your credit card spending.** Avoid using your credit cards until you’ve paid off your debt. If you can’t avoid using them altogether, keep their use to a minimum. Each month, you should pay off more of this debt along with any new debt incurred.
- **Use cash.** Looking ahead to the next holiday season, try using cash to pay your holiday-related expenses. You’re less likely to overspend and you won’t be facing large credit card debt next January.

Business Travel Insurance:

Faculty and staff who travel internationally on Northwestern business are covered by Northwestern’s business travel insurance program, provided by GeoBlue. There is no cost to the traveler or department for this benefit. To pre-register before you travel, click here (and enter Northwestern’s Access Code QHG9999NWBTY). Please visit the Office of Global Safety and Security (OGSS) for more information. We hope that these benefits provide you with a better experience should you require medical care when traveling abroad on behalf of Northwestern.