Save the date: Open Enrollment is October 25 - November 12

Open Enrollment begins at 8 a.m. on October 25 and ends at 5 p.m. on November 12. All changes made during this time-period will be effective January 1, 2022. More information regarding plan changes and premiums will be coming mid-October.

Before Open Enrollment, we recommend you review your current life insurance beneficiaries and other insurance enrollments. For steps on how to review and update beneficiaries see the Accessing Benefits Enrollment Portal guide.

On campus flu shots: Schedule your appointment

On campus flu shots will be held on select dates in October beginning October 11. Flu shots are free for all benefits-eligible faculty and staff. A number of COVID-19 health precautions have been put in place to help protect the health and safety of our faculty and staff. To learn more visit our HR website.

Note: You may also receive your flu shot from your physician or local pharmacy. Flu shots are provided with a $0 copay if you receive your flu shot from an in-network doctor and are typically free at pharmacies with presentation of your insurance card. Call beforehand to ensure there is no cost.

Virtual Benefits & Well-being Fair

The 2021 Virtual Benefits & Well-being Fair will be held during the week of October 18. The fair will be a weeklong event with each day covering different aspects of benefits and well-being: Health & Physical Well-being, Retirement & Financial Well-being, Social & Emotional Well-being, as well as Open Enrollment information and WELL resources sessions. Visit the Benefits & Well-being Fair website for updated information.

Care@Work Webinar: Five Things Stressing Your Kids Out this Back-to-
School Season…and How You Can Help Them

This 2021-2022 year has shaped up to be even more stressful than parents or children could have imagined. From K-12, many families are undergoing many emotions and transitions, even if they’re not talking about it. The good news? With the right tools, your children can do more than manage - they can thrive!

Join Dr. Michele Borba, renowned educational psychologist, and best-selling author of *Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine* as she shares what is really on your child’s mind and helps you help them.

**Wednesday, September 29, Noon | Click here to register**

Employee Assistance Program (EAP)

As many of us transition back to the office, it can be common to feel overwhelmed, anxious or a variety of other emotions. Northwestern’s [Employee Assistance Program](#) can help support you and your household family members during this transition with short-term counseling services with a local, licensed counselor. For assistance contact [855-547-1851](#) or [submit an online request](#) (Username: northwestern, Password: eap).

Manager's Corner Live Series: Navigating the return

You are invited to [join Manager's Corner](#) for a special three-part live series in Fall 2021, focused on Navigating the Return to campus and implementing Alternative Work Strategies (AWS). This Tuesday series will be once a month from 3:30-4:30 p.m. and is for those managing teams that are remote, in-person, and everything in between. The first session was September 14 and focused on the Return to campus. The next two sessions are, October 5 and November 2. [Learn more and register](#).

Enroll in a DE&I workshop this Fall

Seats are available for: Active Inclusion, and Unconscious Bias. Register by visiting our [virtual workshop calendar](#).

Commuter benefit information

Northwestern offers a commuter benefit that allows faculty and staff to pay for METRA, CTA, Pace, South Shore, and other public transportation passes with pre-tax payroll deductions.

If you would like to utilize the commuter benefit starting in November, or in future months, please make note of the deadlines below. If you do not want to utilize the commuter benefit no action is required.

**Ordering Deadlines**

You must place or change orders by the [5th of the month](#) prior to the month in which you will...
use the pass. For a transit pass in November you must place the order by October 5. Any new enrollments/changes entered after the 5th will take effect one month later. No refunds or adjustments can be provided.

**Placing an Order**
Follow these steps to place an order:
- Navigate to [www.payflex.com](http://www.payflex.com)
- Click **Sign In** in the top right corner
- Log in using your ID and password
- Scroll down to the Online Commuter Box
- Select Place an Order
- Follow the prompts

Any questions regarding logging in or navigating the Payflex portal should be directed to Payflex at **800-284-4885**.

Please note: The commuter benefit is only for public transit options and parking at public transit stations. If you have questions about campus parking visit the [Evanston Parking](http://EvanstonParking.com) or [Chicago Parking](http://ChicagoParking.com) websites.

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**Your Daily Fall Schedule: Take well-being breaks this quarter**

HR has once again partnered with NU Recreation to host daily well-being breaks. Taking regularly scheduled breaks can help reduce stress, boost energy and improve health and performance. Take a well-being break on your own, with a colleague or as a team. Classes start September 20.

**NEW!** Join us each morning at 9:30 a.m. for a stretch break. Take a moment to pause, unwind and prepare for the day ahead of you. This can be done from any location, workout gear and clothing not required. [Click here](http://ClickHere.com) to view schedule and register.

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**BCBSIL Fitness Program: Waived enrollment fee**

The [BlueCross BlueShield Fitness Program](http://BlueCrossFitnessProgram.com) is waiving the $19 enrollment fee for all new members who join through September 30. Choose from one of four flexible gym options ranging from $19 - 99/month that offer access to a nationwide network of participating facilities and digital access to Les Mills Digital Fitness, BurnAlong and Prime Live.

BCBS members interested only in digital access have the option to purchase a “Digital Only” subscription for $10/month. Log in to [Blue Access for Members](http://BlueAccess.com) and under “Quick Links” choose “Fitness Program.” Enter the code: **SEPTWAIVED21** during enrollment or call 888-762-BLUE.

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**Virtual Nutrition Consultations and Culinary Classes**

Schedule a 30 minute virtual 1:1 nutrition consultation with Vicki Shanta Retelny, RDN. Consultations are free for faculty, staff and household family members. Vicki can assist with setting realistic nutrition goals, providing motivational tips and discussing diet-related
Tap into the power of breath

Cindy Conlon, J.D. Ph.D., is back to teach the power and importance of proper breathing. Learn the science and dynamic techniques of breath that can transform your mind and body while helping you feel balanced and grounded. Registration for this 4-week course runs now through October 15.

Welcome back to campus discounts for massages

Treat yourself to a personalized, relaxing massage from Northwestern Massage Services. The massage therapists help you combat stress, release tension, and enhance your overall well-being. Purchase in-person or by phone before October 16 to receive special welcome back discounts.

Backup Childcare and Senior Care days have reset for 2021-2022

Faculty and staff are provided with 10 days of backup care per academic year beginning September 1. The 10 days can be used if your care has fallen through or on days when you are working. Northwestern’s Care@Work Program helps find vetted in-home or center-based backup care providers at a subsidized rate. Please note: You must register your Care@Work account before using this benefit. Learn more.

Northwestern’s Centers for Talent Development

Northwestern’s Center for Talent Development (CTD) Fall programs for age 3 through grade 12 are now enrolling! CTD offers unique enrichment and credit-bearing programs to help students identify and nurture their academic strengths. In-person and online courses are available. Learn more at ctd.northwestern.edu.

Northwestern's Centers and Schools: Bennett Day School Spotlight

Northwestern University maintains relationships with a variety of area childcare centers and schools. Northwestern families may
receive benefits ranging from priority enrollment to discounted tuition. HR would like to highlight one such partnership and a new program they’re debuting: **Bambini & Me (Parent and Tot Playdates)** at Bennett Day School.

**Bennett Day School's Bambini & Me** playdates provide an opportunity for children ages 18-36 months and their parents/caregivers to play, learn, and grow together. Your child will have the chance to openly explore with natural materials and develop social-emotional skills in a safe environment.

Northwestern employees may use the promo code **NorthwesternFamily** for $10 off your first playdate (can be used for a single playdate or with a playdate pack). [Click here](#) to register. To learn more about other childcare centers and schools visit our [HR website](#).

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**Join other HR mailing lists!**

- **Our Learning Intersections newsletter will keep you up to date on events and resources that will help you grow your skills today and your career tomorrow.** [Click here to subscribe](#).

- **YourLife** is our employee wellness program in which a variety of well-being resources and programs are provided, ranging from free daily virtual well-being classes, DEI workshops, meditation and nutrition sessions, information about financial webinars, caregiver support resources and more! Join the mailing list to receive up-to-date communications about upcoming programs, events and resources. [Click here to join](#).