

SETON HALL UNIVERSITY

Department of Human Resources

Spring has sprung and there is lots blooming in Benefits. Come take part in all that we will be offering or in select activities, there is something for everyone.

10K Steps a Day Challenge	Health studies show that people who increased their walking to 10,000 steps daily experience many health benefits. We are partnering with our health insurance carrier, Cigna, and Cornerstone Fitness to bring this program to you.
	WHEN The challenge will start on Monday, April 20th and conclude on Sunday, May 17th. At the end of the challenge the team who averages the most steps will each win a \$25 gift certificate for Sports Authority.
	HOW The registration website will open on Wednesday, April 8th and close on Friday, April 17th. <u>The first 100 people who register will receive a pedometer to track their steps and a sporty sun visor.</u> Participate as a team or solo. Solo: Employees who will be taking the challenge solo can register directly on the Cornerstone Fitness website . Teams: Teams must have a minimum of three (3) members and cannot exceed ten (10). In the spirit of the baseball season, employees can choose any Major League Baseball team name (see names at http://espn.go.com/mlb/teams). Once your team has been formed: (1) A designated team member must request your team name of choice by sending an email to benefits@shu.edu along with the list of your fellow team members. (2) Then each team member must register directly on the Cornerstone Fitness website .
Financial IQ Challenge	Back by popular demand! We are pleased to team up with TIAA-CREF to bring you the newest What's Your Financial IQ Challenge . Take this educational challenge to have fun and learn important information about financial planning. The What's Your Financial IQ Challenge 2.0 features all new topics and questions to test your financial knowledge.
	WHEN From April 8th to May 8th. By testing your financial knowledge, you could be 1 of 10 winners of a \$100 Amex gift card!
	HOW Faculty, Administrators, Staff and Students are welcomed to participate. The Financial IQ Challenge will run for 30 days and it consist of 15 different quizzes. Each day, a new quiz of 5 questions will be added to the Challenge. Every time you play, you are entered for a chance to win a \$100 Amex gift card. The more you play, the better your chances of winning – register now and sign on every day! (All responses are confidential.)

Long Term Disability Buy-Up Program	<p>Effective January 1, 2015, Cigna became our new LTD Carrier –. This change has no impact on your current LTD benefits. Cigna is offering a special enrollment period by waiving the normal required Evidence of Insurability for those who would like to enroll in the LTD Buy-Up Program. For full details about this benefit, please read the brochure for your group: Faculty & Administrators or Staff.</p>
	<p><i>WHEN</i></p> <p>The enrollment period will start on Wednesday April 8th and ends Friday April 17th.</p> <p>Cigna Representatives will be available to address your questions at the:</p> <ul style="list-style-type: none"> • South Orange Campus, Wed 4/15 from 11 am to 1 pm at Jubilee Hall Room #132 • Newark Campus, Thu 4/16 from 11:30 am to 1 pm at Faculty Lounge
	<p><i>HOW</i></p> <p>To enroll in the LTD Buy-Up, please complete the enrollment form at the end of the brochure and submit it to the Benefits Department no later than Friday April 17th. New enrollments will be effective May 1, 2015.</p>