SAVTHE DATE
OPEN ENROLLMENT
OCT. 23–NOV. 6 2019

Mark your Calendars! Open Enrollment for your 2020 benefits will be October 23 – November 6, 2019. Details about your 2020 benefits will be provided closer to the date, but you can start to prepare now.

Make sure your address (both home and mailing) is updated in ULink (http://ulink.louisville.edu)

Get your biometric screenings now to prepare for your health assessment with Get Healthy Now. Options for screenings:

1. Schedule a FREE biometric screening appointment with Get Healthy Now in their new office location, 1980 Arthur Street. Email ghn@louisville.edu to schedule. Allow 15 minutes for your appointment.

2. Get your numbers at an annual health exam with your primary care physician. You will enter these numbers when completing your health assessment during open enrollment.

NEW LACTATION ACCOMMODATION POLICY TO SUPPORT NURSING MOMS ON CAMPUS

UofL recognizes the importance and benefits of breastfeeding for mothers and their children and is committed to promoting a family-friendly work environment. The lactation accommodation policy, effective May 2019, outlines the guidelines for nursing moms to request break times and the appropriate lactation spaces available. To view the full policy, go to http://louisville.edu/policies. It can be found under the A-Z Index, titled Lactation Accommodations.

BENEFITS PROVIDERS

**MEDICAL**
- Anthem Blue Cross
- Blue Shield
- 855-747-1137
- Nurse Line: 800-337-4770
- www.anthem.com

**DENTAL**
- MetLife
- 1-866-832-5756
- www.metlife.com/mybenefits

**FLEXIBLE SPENDING ACCOUNTS**
- Discovery Benefits
- 1-866-451-3399
- www.discoverybenefits.com

**VISION**
- Davis Vision
- 1-877-923-2847
- www.davisvision.com

**PRESCRIPTION DRUG COVERAGE**
- KY Rx Coalition
- 855-218-5979
- www.kyrx.org

- Express Scripts, Inc.
- 1-800-298-6890
- www.express-scripts.com

**LIFE**
- MetLife
- 1-800-638-6420

**LONG TERM DISABILITY**
- MetLife
- 1-800-858-6506

**SHORT TERM DISABILITY**
- Manhattan Life
- 1-800-463-7420 (to enroll)
- 1-855-448-6982 (existing contracts)

**RETIREMENT PLAN PROVIDERS**
- Fidelity Investments
- 1-800-343-0860
- www.netbenefits.com

- TIAA
- 1-800-842-2252
- www.tiaa.org

- KDC (457 only)
- 1-800-542-2667
- www.kentuckydcp.com
10 TIPS FOR BUILDING HEALTHIER MEALS

Eating healthy isn't hard, and making healthier meals only means making small adjustments to how you shop and prepare food. To get you started, check out these ten tips.

1. **50% Veggies and Fruit** - When you’re planning a meal, make sure half of what you’re eating is either a vegetable or a fruit.

2. **Keep Protein Lean** - Not all protein is created equally — make sure you focus on proteins like lean beef, pork, chicken and turkey. For a vegetarian option, opt for beans or tofu.

3. **Go With Whole Grains** - Whole grains provide more nutrients, like fiber, than refined grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label.

4. **Add Some Dairy** - Pair your meal with a cup of fat-free or low-fat milk or yogurt to get the calcium and other essential nutrients as whole milk, but with less fat and fewer calories.

5. **Say “No” To Sauces** - Using heavy gravies or sauces adds fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce.

6. **Slow Down** - It takes about 20 minutes for your body’s “full sensor” to kick in once you’ve started eating. When you eat slowly, you give your body time to tell you you’re full before you overeat.

7. **Use A Smaller Plate** - The bigger the plate, the more food we tend to put on it. Using a smaller plate is a great way to control your portion size.

8. **Cut Out The Take Out** - Restaurant portions tend to be too big and high in calories. Preparing more of your food at home gives you better control over what you’re eating. And when you do eat out, opt for healthier choices — grilled instead of fried, for example.

9. **Mix In Some Variety** - There are many healthy fruits, vegetables and grains to try so eating healthy never has to get boring. Why not trade tasty, healthy recipes with friends and coworkers?

10. **Rethink Dessert** - It’s OK to indulge your sweet tooth — just do it with a healthy choice like fresh fruit.

Sources:
USDA Center for Nutrition Policy and Promotion, 10 Tips for Healthy Meals [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/)

GROUP FITNESS CLASSES

Get Healthy Now, UofL’s health management program, is pleased to offer many group fitness classes to university employees, such as yoga, Zumba, PiYo and more. View the group fitness schedule for available classes and information on the new class locations in the SAC, Human Resources building, School of Music and HSC. These classes are available to all UofL employees at no charge.

RETIRING SOON?

If you are nearing retirement, don’t forget to schedule an appointment with your benefits counselor about three months prior your intended retirement date to ensure a smooth transition of your benefits. During that meeting, your benefits counselor will go over all your benefits elections and coverages.

457(B) ENROLLMENT NOW ONLINE

The university offers a 457(b) Retirement Plan as an additional tax-deferred retirement plan option for eligible employees. Enrollment for the Additional 457(b) retirement plan is now available online. For more information, visit [http://louisville.edu/hr/benefits/retirementplans/additional-457-b-retirement-savings-plan-options](http://louisville.edu/hr/benefits/retirementplans/additional-457-b-retirement-savings-plan-options).