October Is All About Your Health & Benefits

A Message from the Director

Aloha University Ohana,

On October 11th—15th, we are excited to announce that our bi-annual Health & Benefits week will take place. We hope that you will take advantage of the opportunity to attend the workshops and activities that have been planned with you in mind.

Here’s wishing you all an early Happy Halloween!

We’re Glad It’s Your Birthday!

“HAPPY BIRTHDAY!”

Roy Aumua
Yifen Beus
Gailyn Bopp
Vaafulu Brown
Jeffery Caneen
Perry Christensen
Donna Chun
Maynard Crawford
Maria Feagai
Michelle Fuluvaka
Sherman Han
Beth Haynes
Mark James
Kealoha Kaio
Shawn Keliiliiki
Edward Kinghorn
Isileli Kongaika
Ruth Kongaika
Leeann Lambert
Jennifer Lane
Gladys Lindley
Lei Lua
Neomai Mataele
Connie Moffat
Craig Nakayama
Jared Nikora
John Olszowka
Laverne Puhi
Murphy Soli
Hans Taala
James Tai Hook
Pita Tanuvasa
Jaddy Toelupe
Viliami Toluta’u
Steven Tueller
James Tueller
Ngatamaine Vainerere

HEALTH & WELLNESS 5K FUN WALK/RUN

Come and join us bright and early on Thursday, October 14th. Joann Sparks, DMBA’s Wellness Coordinator will join us for this event.

- Meet in front of the McKay Foyer at 5:45 a.m. to check in and warm up. The event will begin promptly at 6:00 a.m.
- Light refreshments will be served.
It’s national breast cancer awareness month so don’t forget to wear something pink.

Sign up today at HR or call ext. 53713

TRIVIA

HOW WELL DO YOU KNOW YOUR EMPLOYEE BENEFITS?

1. True or False? The tuition benefit is for regular full-time employees only.
2. How long must an employee work before their dependents become eligible for tuition benefit?
3. Where can an employee go to enroll for the 401k Thrift plan?
4. How much would a ‘single’ employee pay for insurance coverage?
5. True or False: Temporary employees are entitled to holiday pay.

Email your answers to kanahelj@byuh.edu. The first person to answer all questions correctly will receive a TWO FREE SPINS at the wheel on Friday, October 15th at the Health & Benefits Fair.
Shane Stewart, DMBA’s #1 Financial Planner is here to serve YOU!

Through the years many of our employees have valued Shane’s financial expertise. If you would like some sound financial advice, schedule a one-on-one appointment with Shane by calling ext. 53713. Space is limited so call today!

30 MINUTE$ CAN MAKE A HUGE DIFFERENCE IN YOUR FINANCIAL FUTURE

Shane Stewart, DMBA’s #1 Financial Planner

is here to serve YOU!

What’s Happening During Health & Benefits Week?

Health & Benefits Workshops

Employees and spouses of BYU-Hawaii, The Polynesian Cultural Center, Hawaii Reserves, Inc., The La’ie, Hawaii Temple and Facilities Management are invited to attend. Please RSVP for the workshops you wish to attend by calling ext. 53713 or emailing kanahelj@byuh.edu. EMPLOYEES WHO ATTEND THREE OR MORE WORKSHOPS THROUGHOUT THE WEEK WILL RECEIVE A FREE SPIN ON THE WHEEL AT THE HEALTH & BENEFITS FAIR.

Monday, October 11th
1:00 p.m.—2:00 p.m. ACR1 (Kitchen side)
“Healthy Never Tasted So Good!”
by Gerry Nihipali
2:00 p.m.—3:00 p.m. ACR1 (Kitchen side)
“DMBA Life Insurances”
by Shane Stewart

Tuesday, October 12th
1:30 p.m.—2:30 p.m. ACR1 (Kitchen side)
“Economic & Market Update”
by Shane Stewart
7:00 p.m.—8:00 p.m. ACR155-165
“Economic & Market Update”
by Shane Stewart

Wednesday, October 13th
7:00 a.m.—9:00 a.m. (Walk-in @ Health Center)
Free Pre-Fair Lipids/Glucose Testing
For active employees and spouses only. NO CHARGE.
*8 hour fasting is required prior to testing. Results will be distributed at the Health & Benefits Fair.

10:00 a.m.—12:30 p.m. (Dual presentation) ACR 155/165
(10:00 a.m.—11:00 a.m. w/ Q & A’s from 11:00 a.m.—11:15 a.m.)
“Simplifying Life Insurance to Protect Your Family”
by Rich Pinto of Wealth Managing Partners

Wednesday, October 13th (continued)
(11:15 a.m.—12:15 p.m. w/ Q & A’s from 12:00 p.m.—12:30 p.m.)
“Estate Planning in Confusing Times”
by Stephen H. Reese, Attorney
2:00 p.m.—3:30 p.m. ACR 155-165
“Website-How To’s, Flexible Spending & Open Enrollment”
by Shane Stewart

Thursday, October 14th
6:00 a.m.—7:00 a.m. “5K FUN Walk/Run Event”
3:00 p.m.—4:00 p.m. “Health & Wellness”
by Joanne Sparks, ACR 155-165
4:00 p.m.—5:00 p.m. “Diabetes”
by Novodisk
ACR 155-165
5:00 p.m.—7:00 p.m.
DINNER WORKSHOP
“Osteoporosis, Fibromyalgia & Heart Disease”
by Jake Murdock & Dr. Staker, ACR

Friday, October 15th
9:00 a.m.—1:00 p.m.
“Health & Benefits Fair”
Cannon Activity Center
Flu shots will be administered to BYUH active employees and spouses who have Deseret Choice. DMBA will cover this at 100%.

*Appointments are for regular full-time & part-time employees only.
October is National Breast Cancer Awareness Month. Celebrating 26 Years of Awareness, Education, and Empowerment

Stay informed and educated on the different types of cancers and their risk factors. Education is empowerment. Encourage the women in your lives to stay abreast on the latest developments in breast cancer diagnosis, treatments and research. If you’re age 40 or older, join the millions of women who get mammograms on a regular basis. Begin your early detection plan today. Contact your primary health care physician for more information on preventative care.

We will create an awareness of breast cancer on Oct. 14 by asking you to wear something pink. If you wear pink, come into the HR office to put your name in for a drawing. If you are a winner, you will be notified and can claim your prize at the BYUH Health & Wellness booth at the Health & Benefits Fair.