

CU Advantage: Perks for Employees Video Transcript

Everyone welcome.

We're going to go ahead and get started here. It's noon and I know we still have quite a few people, coming in.

They're grabbing their lunch. But I do want to be mindful of everyone's time.

So as we get started. So welcome to our lunch and learn for this month.

Welcome back. We took a little bit of a break for the summer with people taking vacation.

So we're geared up again for the rest of the year. So I'd like to introduce our speaker today.

You've seen her here several times. I was joking with Adrian earlier on.

She has to be one of our most popular speakers. Every time we have her on the docket.

The enrollments or registrations for these sessions goes way up.

So we always love to have her come and talk. So for those of you who've not been here before and have seen Adrian talk. Adrian

is our associate vice chancellor for human resources, and and chief human resources officer for this campus.

She joined CU in June of 2023.

Prior to joining CU Anschutz, she served as the associate vice president and chief human resources officer for the University of Texas at Austin.

But we're glad we convinced her to come over and work for us.

Right. Adrian's experience and expertise includes health and welfare benefit plan design, retirement programs,

occupational health and workplace wellness programs, ADA accommodations, leave management,

workman's compensation, employee engagement, anti-discrimination practices, employee relations,

workplace safety and threat assessment, expertise and media relations, including crisis communications.

She holds a bachelor's degree in nursing from UT Austin, as well as an MBA from Texas Women's University.

And she's a licensed registered nurse and former certified occupational health case manager and Certified Occupational Health Nurse specialist.

So she brings a lot to our campus, and she brings a lot of knowledge here as well.

Today, she's here to talk about some of the perks we have here. Not only on this campus, but from a university perspective.

So I'm going to turn it over to Adrian. Thanks for being here again with us.

Thank you so much. It's great to see all of you again.

I just, you know, I always feel a little bit awkward about those bios, right?

It's just like, oh, my gosh. But I just wanted to clarify that here at CU Anschutz, we have a wonderful organization called Employee Services.

And so a lot of the things that Debbie just read to you in terms of my work and benefits and all of the benefit plan design that I did,

I did that at UT Austin because the benefits organization actually reported to me.

But here at CU Anschutz, I am just like you. Employee services provides the benefits, and I'm a consumer of those benefits.

I'm not actually designing them. So I get feedback though.

So if you have feedback, definitely make sure that you send it to us because I do.

One of my roles here is to advocate for you. So I provide feedback to our system office on the benefits that are valuable and important to you.

And hopefully, I'm going to share with you some perks today that you didn't know about.

I also just wanted to make sure that we kind of level set expectations for this presentation.

There is just about 45 minutes today. And oh my gosh, we have so many amazing benefits.

I definitely could not fit it all into this presentation. So today what I'm going to be sharing are perks of employment.

We are not going to do a deep dive into our actual benefit plan design.

We're not going to touch on health insurance, dental care, vision care, retirement, all of those amazing things.

It's a whole completely separate conversation and discussion and dialog.

What we're going to talk about are those perks, those hidden gems that people may not even be aware,

that are available to you as a CU Anschutz employee.

So that's what we're going to do in terms of diving in. And actually I'm looking to see where is the clicker.

Oh wait there we go. Let's make sure it works. Let's see.

Hmm. No. Nope that's okay. I can use I can pivot right.

Oh, no, really, can't pivot now we'll do. Mouse, let me do this.

Three ways to advance a slide. And I can do it three different ways.

So it'll work. Um so we're going to cover things that you're going to find in our CU Advantage web portal.

And so that is a web portal that hopefully by the end of today's dialog you will go and bookmark,

and you will regularly check it out because our employee services team adds new perks of employment on a regular basis.

And so the things that I'm going to share with you today is just a small smidgen of things that you can find at that particular website.

We're also going to talk about employee discounts, caregiving resources, tuition assistance, professional development,

our Strauss Library, public student loan forgiveness support, eco friendly commuting, as well as some of our wellness and fitness perks.

So again, I'm scratching the surface here, but these are some of the things that I have personally found valuable.

So I hope that today you'll walk away with at least 2 or 3 that you didn't know about.

One of the other things I just want to share in today's discussion is just to put some of this into context.

I recognize that our university is facing some difficult times with the federal transition.

So although we're talking about perks, and perks can seem fun and happy, and we're just talking about the good things,

I just want you to know that I understand deeply the challenges that some of our departments are facing.

And so I also want you to think about this conversation and frame it as a way that you can do self-care,

a way that you can leverage and maximize the resources that we make available to you here at CU Anschutz

And so that as we go through these difficult times in terms of the federal transition and as we're facing some unknowns,

that you really take a few moments at least every day and dedicate some time each week to doing something that's good for you because we need you.

We need you here. We need you to be resilient. And the only way that that's possible is if you take care of you.

So please think of this as not just perks and fun things,

but also a real way that you can take care of yourself so that we're all prepared to handle the difficult challenges that we face ahead.

All right. So with that, let's go ahead and talk about our CU Advantage website.

So, for those of you in the physical audience, any of you gone ahead and taken a look at the CU Advantage web page, anyone?

Uh, I see a couple of hands, but not nearly enough.

So go ahead again, if you have your mobile phone, just do a quick Google search and look at UT system

CU Advantage a website. It's going to pop up.

Bookmark it already. You have had success if you can do that, because there are so many amazing perks that are advertised on that page.

Not only that, but if you go ahead and utilize one of those amazing perks and you go ahead and send feedback in a comment on that web page, you are entered into a prize drawing. Every month they give away \$50, if you give feedback on the web page.

So it's a great way to learn about new perks and benefits, and it's also a way that you can potentially get some extra cash in your paycheck.

So, one of the first things that you'll notice when you go to that web page is an employee

discount program that is made available to us through an organization called Benefit Hub.

And as a State of Colorado employee, you are eligible to go to Benefit Hub, and there is hundreds of discounts that are available to you.

Discounts at hair salons. Discounts at restaurants.

If you need to rent a car, there's discounts. If you want to purchase amusement park tickets, there are discounts.

So just so many different ways that you can save money.

And I don't know about you, but right now, especially with some of the inflationary pressures that we are all facing,

any opportunity where you can save money is helpful to your household.

And so sometimes you'll look and one of the things that I noticed when I was in Benefit Hub

is that there's different restaurants or different locations that will say gift cards,

7% discount or 8% discount or 10% discount.

What that means is you can purchase those gift cards,

but then turn around and just use them right away, meaning you don't have to give them as a gift.

You can purchase the gift cards, get that discount,

and that essentially means that whatever you're getting from that service provider, it's almost like it's tax free.

Because that discount, although it may seem small, it covers, in many cases the local or state tax that you would normally have to pay.

So it's a way to get tax free shopping taken care of just by using that little tip.

Another opportunity is parking discounts.

So our procurement service center,

they obviously their main and primary goal is to find and negotiate contracts for us here at CU Anschutz for business purposes.

But oftentimes when they're doing those business negotiations for business travel, those providers say, hey, you know what?

We're happy to offer a discount to your employees as well.

And so our procurement service center makes those available to us by looking at the Concur Travel report system.

And so airport parking discounts.

There is over five different vendors that offer significant discounts, up to 30 and 35% off the standard rate for parking.

And so if you do have a need to go to the airport and you're paying the standard fee,

go ahead and explore this opportunity, save money on your parking.

And then I'm just going to throw in there because I'm Scottish. I know I don't sound it, but that's because I live most of my life in America.

But I actually am a dual citizen and the Scottish in me.

I'm always looking for the discount. I am just wherever I can find it.

And so if you guys have never taken advantage of the park and ride,

I regularly go back to Texas because I have an aging father and I park at the Peoria train station.

It's only \$2 a night to park, and then I take the train and guess what?

We have an eco pass. So the train is free.

The parking is only \$2 a night, and that way I can get to the airport at a very cheap discounted rate when it comes to my parking.

So just just throwing that in there. Um, we're going to go ahead and take, uh, questions towards the end.

Is there a are you not hearing something? All right,

so just a message from the audience just saying that the vendors that we have an

arrangement with provide really excellent security services in terms of your car.

So it's safe while it's parked. Um, so parking, parking discounts galore.

We also have car rental discounts. Now, this is where you have to do some digging, and you can actually do some side by side comparisons.

So remember how I just mentioned mentioned Benefits Hub. So Benefits Hub is available.

You can go ahead and click on it. When you go to the CU advantage web page.

And you can see the different discounts that are available to you for rental car services.

You also can go in to the Procurement Service Center,

go into concur and look at the prices that are advertised there as an employee discount for rental car services.

And then there's a third option. Who knew. But we also have an employee discount program through Life Mart.

So we're going to talk about Life Mart a little bit later in this presentation.

But you can essentially pull up all three different discount programs, pull them all up side by side,

and then make some decisions around rental cars and see which one can give you the best advantage in terms of pricing for renting your car.

So this can come in handy whether you're renting your car, whether you have out-of-town guests coming in that need to rent a car.

This works nationwide. This is not just for Colorado.

So if you're taking a trip and you need a rental car, I encourage you to check out these discounts and make a smart move.

So just this past weekend, I went to Austin. I was able to secure a car for \$25 a day.

So again, you do some shopping, but you can really land yourself some great deals.

So next one that I want to highlight. I love museums, so I'm a little bit of a sucker for this.

But as a state employee, you are eligible to go to any of the seven state history museums at no cost.

Your ID is your admission. All you do is you go to the admissions desk to show them your CU badge, and you get in free.

Now, this doesn't work. If you have family members or guests, they will need to pay the price, but at least your admission is taken care of.

And so this is just another great way to explore Colorado. Take advantage of your CU employee discounts.

Electronics, again similar to rental cars.

We have so many different ways that you can save on electronics and technology.

And so first I would encourage you to take a look at Benefit Hub.

See what's in there. But also we have some direct negotiations.

So for example Samsung there is a 30% discount on many of their laptops and phone devices.

So if you're needing to purchase for home use, maybe you have some teenagers that need a laptop for school or college.

Maybe you're thinking about Christmas coming up and you need a new phone, or you want to get a phone for a family member.

These are discounts up to 30% off of list price.

That can really come in handy. But it's not just Samsung, it's Lenovo, it's HP, it's Apple.

So there are so many different ways to save on electronics if you do some digging.

So again Life Mart has discounts, benefit hub has discounts.

And then we have some direct negotiated discounts that we've done through our own OIT or IT services.

So here's just some ones to explore. And I put some hyperlinks in there.

And we'll make sure to send out this presentation to everybody.

But it's a great way to just to explore and see how you can save some money here.

I am personally not a sports fan, but Folsom Field is beautiful for looking at mountains.

So even if you're not necessarily going for the football game, but you just want a great experience in Boulder for the day,

we do as CU employees have an opportunity to purchase football tickets at discounted rates.

Now it's not every game. And so when you go to that CU Advantage webpage it will highlight for you the CU Buffs sports discounts.

And when you click on it they will share with you which games are discounted.

So I put up here on the slide the next three that are discounted.

So Georgia Tech Delaware and Arizona State those are the ones that have the CU employee discounts associated.

And so you can go in and there's a variety of different price points depending on where you want to sit in the field.

But it's just a great way to maybe plan a family day in Boulder and take advantage of not only the beautiful scenery,

but if you happen to be a sports fan, you can also watch the football game.

So just a great way to look and see what's out there. So the next topic I want to talk about is caregiving resources.

And so sometimes employees will assume that the only caregiving resources that we have available are for children.

And so I just want to make sure that maybe you walk away today with a little bit more understanding that caregiving goes beyond children.

So while that may be our most often used caregiving resource, we do also provide services for elder care as well as pet care in terms of discounts.

So we'll dive right in with pet insurance.

A lot of people are unaware that you can receive an insurance discount to pet insurance with your CU Anschutz employment.

And so again, Life Mart is a major employee discount program that's available to us through Care.com.

We have a contract with Care.com.

And when you open a Care.com account, when you go into your account, you will see access to life marked when you go into Life Mart.

Simply look for pet insurance. And all the different providers will come up.

There's more in there,

but these are some of the ones that I listed that are really popular and tend to be nationwide insurance providers for pet insurance.

And so when you look at the different discounts that are available through your employee Anschutz discount program,

it's anywhere between 10 and 30% off the list price for pet insurance.

So this is just a great way. If you do have little furry friends and you want to make sure that they're taken care of,

and you would like to consider pet insurance, that you can receive a discount on that service.

Care at work. This is a back up care program that CU Anschutz specifically has done for our employees.

So many of these perks of employment that I've shared with you are available to all.

CU Employees that care at work. Back up care is specific to CU Anschutz.

So this is not one that's administered by system, but instead at a campus level.

We've done this program.

And so what we provide is if you need backup care, this isn't your primary care, but this is if something happens to your primary care.

Maybe you had a living assistant for an elderly parent.

Maybe you had a nanny for a child. Maybe your normal daycare is just closed because they've had an unexpected adjustment in their daycare facility.

The air conditioner went out, and last week when it was in the upper 90s, maybe the daycare facility had to close.

So anything that interrupts your normal plan of care, we will provide up to ten days of back up care at a significantly subsidized rate.

So for any of you familiar with what you're currently paying,

the subsidized rate is if you receive in-home care for either an elderly
parent or for a minor child,

you would pay \$6 an hour and see you, and shoots would pick up the rest
of the cost.

So if that provider is charging \$25 an hour, you would pay six and Q and
shoots would pay the rest,

and we provide up to ten days per year for this back up care program.

Same would be true for elder care. So, I have an aging father, and he's 87,
and so normally he's just fine.

I don't need any type of care service model, but when he had surgery
recently, I was able to fly there and I could be there for three days.

My husband could be there for two immediately, but we still had needed
some days that we needed to cover.

This is a program that we could have arranged for a care provider to go in the home.

Just turned out he recovered much faster than the doctor expected, so he didn't need it.

But I was able to access this and have a care provider on the ready.

And that way I could have used up to ten days to provide that backup care.

So this is a great benefit if you haven't explored it. It's also \$20 a day for children.

They don't have an elder care facility option, but if you do have

minor children, if your daycare is not working and you don't want the in-home care,

then you could also pursue a daycare that Care.com has a contract with, and then that would just be \$20 for that day.

And again, if any of you have ever had to provide backup care for your child, you know that \$20 for the entire day is a very good program.

And so this is considered an imputed income benefit.

That means that the amount of money that see you and shoots pays towards this benefit does go towards your income.

So it would show up on your paycheck as an imputed, uh, income benefit.

But again, for most people, the fact that this goes towards your salary is not at all a problem, and you would much rather have the benefit than not.

But I do want to just make you aware because of the cost value, this is considered a benefit that's taxable.

So for any enrollment questions about this program,

if you do find yourself in a situation where you need backup care for either an aging parent or for a minor child, I've listed the phone number here.

And you can also go to our Care at Work website. I'm going to be fully transparent with you.

Our Care at Work website looks out of date, so it's one of the things that I'm actually going to ask my,

my web professional to take a look at and see if we can't modernize it.

So there is some out of date content on there, but just know the benefit is there.

You still have the ten days, the copay is still the same.

So all of that information remains accurate. But there is some content that just looks a bit dated.

So. But don't worry, dated doesn't mean it's not there. But if you have any questions, don't hesitate.

Reach out directly to us and we'd be happy to answer your questions or call the backup care program directly.

They're wonderful customer service, and they can help you understand what the benefit includes.

So there's more. So care.com, in addition to providing life care, our employee discount program, and providing the back up care program.

You can also use their web page to find providers not related to backup care.

Let's just say that you're a new parent. Maybe you've adopted a child into your home and you're looking for care options.

You can go into Care.com and look for qualified care providers for minor children, and we cover the cost of that subscription.

Normally, if you go to Care.com, you pay either a monthly or a quarterly subscription to have access to their vetted list of providers.

But we cover that cost for you.

So even though these services are at full cost to you, meaning if you arrange with the service provider to have elder care,

pet care, housekeeping, there's a lot of different services that Care.com will provide.

You would be paying that full service cost for that care.

But we cover the cost of the subscription so that you have access to all of those care providers.

And what's really nice about Care.com is it is nationwide.

And so if you have a parent that lives in, I don't know, Minnesota, for example.

And again, they have a need. Maybe they're under the weather and they just can't do their grocery shopping for that week.

And here you are in Colorado and you're limited in what you can do to help them.

You could set up care and find somebody that could go pick up their groceries for them, or help them with their house cleaning.

And so that way you could have access to all the care providers nationwide that are available.

So tuition assistance benefit. We did an entire 45 minute presentation on this topic.

We actually invited professionals from our tuition assistance program, from employee services to our campus back in February.

So I'm just going to let you know that I am doing one slide to let you know we offer it.

You get up to 12 credits per year. But for all the other questions around tuition assistance, go back and watch that video presentation.

Because it was 45 minutes of content and they answered all the different questions around eligibility.

What courses are included at the different institutions and how that type of tuition remittance works?

And so I encourage you to go back to that February Toolbox series.

If you go to our HR Learning and Development web page and just do a search for toolbox series,

you'll see all the presentations that have been done for the toolbox series in all the months prior.

And again, this one specifically was February of this year.

But just letting you know, this web page, the tab web page, the tuition assistance web page is a wealth of information.

They also have an overview course on their web page on how to take advantage of this benefit.

And just remember that this benefit is not just for you as an employee,

but you also have eligibility for covered dependents to utilize some of those credits.

If you don't plan to use them for yourself, or you can split them up, you could take three credit hours, and then you could,

have a child under the age of 26 use the other credit hours so you can split it up

so that you can really maximize the benefit for what works best for your family.

Professional development. So again, in our toolbox series back in August of 2024,

the learning and development team did an entire presentation on all of the professional development resources that we have here at CU Anschutz.

So I'm going to really lean in on go check out that presentation.

They did a wonderful job of sharing all of the resources that are available, but I just wanted to highlight three of the big ones LinkedIn learning, Coursera, and Principio.

These are three major learning management systems that have tons of courses that are available to you at no cost,

and that are accessible 24 hours, seven days a week. And it doesn't have to necessarily be directed to your job.

And what I mean by that is I love photography. I just love it.

I but I don't really understand how to use all the features on my iPhone.

And so there is a class in LinkedIn learning that is iPhone Ography.

So they, they have just classes and courses on topics that you wouldn't necessarily think are work related,

but maybe are just personally enriching to you. And so I encourage you to take a look at these courses that are in LinkedIn learning.

Some of them are taught by experts that are nationally known speakers on these topic areas.

So whether it's leadership classes, whether it's resume refreshment courses,

or maybe you're wanting to study for the for the professional and human resources, uh, certification, there's classes on that.

Maybe you want to pursue your project manager certification, Coursera.

You can pursue your PM certification through Coursera at no cost to you.

So just lots of different ways that you can invest in your own career development.

Or like me, maybe it's just a hobby like photography and you want to take some classes on photography.

So lots of great resources there. The next one that I wanted to feature is the Strauss Health Sciences Library.

So I just again, I love museums, I love libraries.

So, I am not currently pursuing any educational pursuit here at CU Anschutz, so why would I go to the library?

Because it's cool. It's just an amazing space.

So first, I mean, again, I'm a little bit of a dork. I like to go up there some rooms that have some amazing views.

And so I like to go up into those reading spaces. They're quiet.

You can just do some mindfulness in those spaces. They have amazing exhibits.

So if you've ever wanted to see an iron lung and see what they used to do to treat people who had polio.

My goodness. Go to the Strauss Library. They have an iron lung on display.

They have all kinds of apothecary things, things that, you know, were used back in the 1800s and early part of the 19th century for medicine and pharmacy that are housed there, that are just amazing to see.

They have cool books, not just current medicine and pharmacy and nursing and public health books, but they have really some old,

just fascinating historical context books there that you can really see kind of how medicine has progressed through the decades.

They also have a really cool, relaxing fiction section.

Now it's small, right? You want to go to the Denver or Aurora Public Library if you want, like the full library experience.

But if you just want to pop into the Strauss library, they have this small section for staff and faculty of fiction books.

It's quiet. You can read right there, or you can check them out.

And sometimes if they're popular books,

you might actually be able to check it out at our Strauss library when it might actually be on wait list in Denver or Aurora Public Library.

So check it out. It's a fun little section that a lot of people don't know, and it's right on the first floor.

So it's a great little section. And then last but not least, professional journals.

Again, I am not pursuing anything in medicine right now, but as an HR professional,

I went ahead and contacted the librarian and she was able to say, oh yeah, we have the society for Human Resources professional journal.

Well, that's an expensive journal that saves me over \$230 a year that I can get that journal at no cost to the Strauss Library.

The Harvard Business Review is there. I mean, there's so many different professional journals that you can receive online.

And if they don't have them, there's an interlibrary sharing program, and the librarians can assist you in getting it from another CU library that may have it.

So again, this is a wonderful way to just enrich your own professional development without necessarily having to

pay some of the professional journal fees that might be associated with these professional journals.

So check out the library. It's really cool. Public student loan forgiveness.

So not all of us have student loans, but many of us do.

And if you do, and you have chosen to work for CU Anschutz or any of our campuses, we are eligible for public student loan forgiveness.

Now, there was a lot of concern in July when there was some federal legislation that was being passed that was eroding some of the, elements of public student loans.

So I just wanted to reassure you, though, that this particular program was not touched in that legislation.

So that means we still, as employees, have the ability to have student debt forgiveness after we have made 120 qualifying payments.

You do need to apply. So you need to fill out an application.

And on this web page that I've linked here you can there's two different things that employee services have done.

They've provided kind of a how to instruction guide.

If you want to do this on your own, if you want to pursue this and apply on your own and follow the guide, you can definitely do that.

Or Savi is a vendor company that's provided to us by TIAA-Cref, which is our retirement vendor.

And so Savi is available for a fee, but they will help walk you through that process.

So if you're uncertain, you're unsure. You've heard scary things from maybe a colleague or friend about, oh, it's so confusing.

We have provided Savi for you, and they can help walk you through this process.

But again, I didn't I haven't had it here at CU Anschutz, but at UT Austin, I had worked there for a number of years,

and so I was able to really get to know some of the employees really well and understand their, their backgrounds in terms of their student loan debt.

And the the best one that I had was one of my colleagues.

She had pursued her master's degree. She was a first generation college graduate.

She said I had absolutely zero support from my family. But she went ahead and pursued her master's.

And so she said her loans were pretty extensive.

And after working at UT, same program, public student loan forgiveness and making over 120 qualifying payments,

she had \$80,000 in student loan debt completely removed.

So that's a significant benefit that I don't think a lot of employees take advantage of.

And so just explore it. The worst that can happen is they say no, right?

Like that's the worst. The best that can happen is that thousands of dollars of debt relief can come your way.

So if you have student loans, take advantage of this program and at least apply.

So discounted RTD eco passes. So this is one that I used very,

very often up until just a month ago because I was traveling back and forth to Texas every weekend for for both my husband, my son and my father.

But now most of them have come here except for my dad. So I'm not flying nearly as much.

But this eco pass was amazing because I was able to take the train to the airport.

It was a great service. Again, I mentioned I was parking at the Peoria parking lot.

And so if you have a parking permit, then your eco pass is no additional cost.

It's already taken care of, which gives you unlimited rides on the RTD busses as well as light rail.

But if you don't have a parking permit, which I do not. I walk to work. So,

I can pay \$25 and have it deducted out of my paycheck.

That is a much discounted rate. And for the \$25 a month, I get to ride unlimited.

And since I was going back and forth to the airport every single weekend, this was a significant savings for me.

So if you haven't explored the Eco pass, either activating it.

If you already have a parking permit, I encourage you to activate it because it's at no cost.

If you don't have a parking permit, it's only \$25.

Wellness and fitness perks. So the CU health trust.

This is the trust that really helps to monitor our CU health plans and look at the solvency of our health plans.

And so they recognize that having healthy employees overall makes our plan healthier and more sustainable.

So they want to encourage employees to utilize fitness facilities where it makes sense.

And so they have partnered with over 15 different fitness facilities here in the Colorado area,

so that our employees can explore these opportunities at a much discounted rate.

In some cases, it's a discount on the monthly fee.

In other cases, it's a waiver of the membership or application fee.

So it just depends on the particular fitness facility.

I just listed a couple such as 24 Hour Fitness, Anytime Fitness,

our own institute's Health and Wellness center, fitness facility, CrossFit South Denver.

But there's many more. Again, there's up to 15 different fitness facilities.

So if you're currently either interested in exploring a fitness facility or if you're already a member,

then I would definitely encourage you to check out these discounts and see if you can't save some money.

And then once you are doing regular fitness, make sure that you enroll.

If you're in part of the CU health plan, make sure that you enroll in the move app, because if you meet certain criteria,

you'll start to receive \$25 extra per month in your paycheck just for being active.

I went ahead and linked, uh, our fitness program discounts, uh, on the slide.

Also other wellness programs that are that are highlighted.

So what are some of those other wellness programs again? There's so many.

I am not covering all of them, but these are just some of the ones that are available to you that you may not have heard about.

So if you or a family member struggles with insomnia, you're having difficulty having success in staying asleep.

Maybe you fall asleep, but you have a hard time staying asleep.

We have contracted with a vendor called Sleepio, and they do cognitive behavioral therapy to improve your sleep habits.

This is at no additional cost to you. So I encourage you if this is a challenge in your household.

Take advantage of Sleepio if you want to learn better eating habits, maybe not so much what you eat,

because maybe you really enjoy that pizza and burger and you don't want somebody telling you no,

but you want to learn how to eat that pizza or that burger in a better way that maximizes your natural metabolism.

Wondr is an amazing program. It's over a \$400 value, and it's at no additional cost to see you health plan participants.

So if you haven't checked out Wondr, I encourage you to do so.

It's an amazing program. Um, I've gone through it myself.

Now, I know you might say, well, I don't know about your results, Adrienne. I'm just saying it could be worse.

Trust me, it's very helpful. So definitely encourage you to check out Wondr.

And then also, in terms of mental health and well-being, we as CU Anschutz employees.

We are state employees with the state of Colorado, which means that we have available to us the employee Assistance program.

This program will provide up to eight counseling sessions that are entirely confidential, at no cost to you.

Sometimes you just need an ear to talk about an issue that's completely objective.

It's not a friend. It's not a family member.

It's kind of no one that maybe is in the immediate situation, and you just want to hear that kind of unbiased opinion about next steps.

They can help guide you in identifying a resource in terms of ongoing counseling.

But sometimes with those eight sessions, that's all you need.

You just needed to get through that difficult spot. And so just know that's available to you.

There's no co-pay. It's completely no cost to you up to eight sessions per year.

They also provide professional coaching up to three sessions per year.

If you're needing some help, maybe coaching through a difficult situation at work,

maybe it's a relationship issue with a coworker or with a manager or a supervisor.

Again, they provide up to three coaching sessions per year at no cost.

And then we also here right on our campus have our CU Anschutz staff and faculty mental health clinic.

Now this one there is a cost. It goes through your insurance and they accept most major insurance.

So you would be paying your co-pay. But to me it is still such a perk that they're on our campus.

If any of you have attempted to obtain mental health services, you know that sometimes the wait times using community providers can be months long.

It can be 2 or 3 months before you can get a first appointment.

And so if you are really needing to speak with someone or someone in your covered family is to speak with someone,

this clinic can oftentimes provide you a same week appointment.

So I just encourage you to check it out should you need it. Again if you have a concern.

Well, I don't want to see a provider that's on the campus because I work on campus.

Just know the employee Assistance Program is there for you. So you really have two options depending on what makes the most sense for you.

The CU Anschutz staff and faculty mental health clinic again, because that's running through your insurance.

There's not an eight session limit. So you can see those providers for multiple situations and on an ongoing basis.

And wait. There's more. So I know this is a lot.

And so it's a lot to absorb. I just want to let you know there is so much more like.

I was, like, on my way over here. I was, like, reading the elevators.

I don't know how many of you guys do that, but, like, I love to read the elevators,

all the bulletins that are there, there are amazing lecture series that are available to you at no cost.

A lot of them offer food. So, you know, like today, right?

Like save money, go to a lecture series. Sometimes in the evening they have appetizers and alcohol.

I'm just saying, like, you know, clearly that's why I need Wondr, right?

Because I'm always looking for the deal. But there is some amazing lectures that just are so mentally stimulating.

And it really makes you proud to work here because you get to hear some of the amazing research.

And again, it's a great way to network. So those are happening all the time.

So check out the bulletin boards, check out the elevators. Also want to do a plug for the block party.

So the block party is coming up on September 10th. Lots of ways to meet different departments on campus.

Get some freebies while you're at it, and it's just a fun, great event to really build community.

And then also wanted to highlight we have medical clinical appointments here that are really cool.

That's a whole other other dialog and presentation.

But like the School of Dental Medicine,

like did you know that you can get your teeth whitened there for a lot less money from the normal dental services?

So, you know, you can get your teeth whitened. You can go to our school of medicine, dermatology and do some, you know, facial rejuvenation.

I'm just saying there's some really cool benefits that most people who do not work at a medical campus would have access to.

So take advantage of those. That's another other, other presentation.

And then last but not least, I just want to let you know that we live in Colorado.

And as Debbie said, I used to live in Texas and Texas is fun.

But I am so happy to be in Colorado. And so just treat Colorado like you're a tourist, even if you've lived here your whole life.

Because just right around our campus, there are some amazing things to do.

One of the things that my husband and I are embarking on is we are exploring Denver parks, and we didn't realize that Denver has over 543 parks.

So we have made it our little fun to do list. We have a map and we are putting a little pinprick in.

And our goal is to visit every park in Denver. So that's just a fun little activity that is amazing.

And it's about being in Colorado. And just don't take that for granted, because there are people who just come to the state and they are wowed.

So treat Colorado like a tourist and enjoy it. So I'm going to go ahead and open it up for questions.

And so I think we have some. Yeah. There we go. We're going to go ahead and start over here.

So hand the mic to you. I was wondering about the care program.

Is that available for. Part time employees, or is it just full time?

Yeah, it's for if you have an appointment of 50% or greater.

Okay. Thank you. Uh huh. And the question was just to reread it.

The Care at work back up care program, is that available for part time employees?

And it's if you have an appointment of 50% or greater. Well, first of all, thank you for doing this.

This is wonderful. And I did find some new things I'm going to check out.

But I have wondered for a long time why at CU Boulder, the eco pass I believe is no charge.

And here it's \$25 a month. Yeah. Great question.

So the question for those of you who may not have heard it was the eco pass.

Some of the campuses have different rates for parking as well as for the eco pass.

And I'll just again be very transparent with you. It comes down to costs.

Those are costs that the campus bears.

And so when you have a campus that has a very large infrastructure with a lot more people parking, there's a lot more revenue generated.

So it truly is just a matter of funding and cost.

And our parking and transportation folks want to work really hard to give us the best discounts possible,

but they also have to, uh, generate enough revenue to pay their salaries.

But great question. Any other questions in the room?

All right, I'll walk over there. Brian, I don't know if you have any other ones on the line that have come in.

Brian's been trying to address questions as they're coming in online as well, which has been very helpful.

Yeah. I can have one more question mark about.

No, it's all possibilities of partnerships.

It could be Colorado. I can't understand.

It's her way to maybe type it in Brian, and then I can. Oh, for for fitness facilities.

Yeah, I actually think the Colorado Springs fitness facility is included in one of those 15.

So, I don't know if, uh, I only highlighted like 4 or 5 of the 15 fitness facilities,

but I believe that the Colorado Springs fitness facility is included.

So, yeah, I apologize. I didn't memorize all 15.

But I believe Colorado Springs is their. Okay.

Great. All right.

We'll go and switch back to an in-room question. I will say there was a pre-submitted question.

It's not really about a perk. I just don't know if somebody who really knows me really well submitted this question.

So if you know me really well, you know that, um, my EAP, my personal mental health is reading books.

Like that's how I just helped to de-stress. So someone had submitted a question around what was, uh, what's a current read that I'm reading?

And so dungeon crawler Carl. That's that's the book that I'm reading.

So I'm into sci fi and fantasy. And so, uh, Project Hail Mary was also one that I just recently finished.

ut yeah, dungeon crawler. Carl. So just wanted to answer that question because it came in pre pre pre done.

So Adrienne thanks for that plug for the block party by the way.

I went to the Care.com site and I see in the fine print a mention of Life Mart.

But I didn't find any way to access that. Could you tell us how we would find that? Yeah.

So if you go to, if you go to CU Anschutz Care at work,

like if you just Google that in Care.com will come up and then you can register for your account, you will need your employee ID and your CU Anschutz email.

And then once you have an account, sign up for their newsletter.

I get their newsletter.

The Care.com newsletter comes to me almost every week, and they feature discounts that are especially, uh, going that particular week.

So and then if you have any challenges in registering Richard Benson, he's not here, so he can't throw tomatoes at me.

Richard Benson, that is Richard Benson.

He's in HR and he does the contract with Care.com and so he can help anyone with an enrollment question if they're struggling.

But it should just be if you go to that Care at work CU Anschutz site.

You can register for care.com there. And employee ID, I keep mine taped to my badge because I don't have it memorized.

Any other questions? Okay.

One the. Part of. Oh, good.

Yeah. Great question. So wonder and I am almost positive on this but I would want to validate it.

Go again. Go to see you advantage page.

And then in the search type wonder so that you can see the eligibility.

But I am almost positive it's all covered dependents on the insurance plan that are over the age of 18.

It's not for minors. So if you do have a pediatric dependent that is wanting to do-

because of the challenges that can sometimes exist within the pediatric population,

you really do want a physician monitoring that if, if it's around, uh, food and dietary practices.

So that's why it's not available to, to minors.

But yeah, I believe if they're in that range of a covered dependent 18 and above, then they would be eligible for wonder.

Any other questions? All right.

Well, thank you so much for taking the time out of your busy day.

And by the way, you didn't go to the food truck. So, see, there's a perk that you didn't go to to come see me.

So thank you for your time. Go find at least 2 or 3 discounts.

And remember, let them know it's your advantage and you might be registered for that \$50 prize.

Take care everyone.