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Human Resources *update*



SHARING INFORMATION WITH THE FACULTY AND STAFF OF WEBER STATE UNIVERSITY

Get Your Flu Shot **FREE** at the Benefits Fair

On Tuesday, November 2, Human Resources will sponsor a Benefits and Wellness Fair in the Shepherd Union Building ballrooms. The event will be held from 10 am to 1 pm. All faculty and staff are invited to attend.

With proof of PEHP insurance, free flu shots will be available on a first come, first serve basis (for faculty and staff only). Remember to wear a short sleeve shirt to facilitate easy access to your arm.

In addition, both on and off campus vendors will be offering services and/or discounts. Some

of the off-campus vendors include:

- PEHP ◦ EMIA (dental)
- Blomquist-Hale ◦ Hartford
- TIAA-CREF ◦ Met Life
- Liberty Mutual ◦ Sam's Club
- Costco ◦ UESP ◦ Aflac
- Healthy Utah ◦ Health Source
- Utah Retirement Systems

Some of the on-campus groups participating include:

- Employee Wellness ◦ HR
- Campus/Wilderness Recreation
- Child Care Resource/Referral
- Bookstore ◦ BASICS
- Performing Arts
- Printing Services/Copy Center



Benefits and Wellness Fair
Tuesday, November 2
10 am to 1 pm
Shepherd Union Ballrooms
Enter to win an Apple iPad!

Health Care Reform Curtails OTC Flex Spending Benefit

Health care reform revised the definition of “medical expenses” as it relates to over-the-counter (OTC) drugs.

Effective Jan. 1, 2011, an OTC drug is reimbursable as a medical expense *only* if the drug is

obtained with a prescription — even though a prescription is not required to obtain the drug.

Prior law allowed the cost of OTC drugs to be reimbursed as medical expenses by medical flexible spending accounts

(FSAs) and some other health reimbursement methods.

Health care reform permits the cost of a drug or medicine to be reimbursed as a medical expense only if it is a prescribed drug or insulin.

What's Blomquist Hale?

Life Assistance Counseling Provided through PEHP

Life is full of ups and downs. No one is immune to life's difficulties. We all know it is easier to work on a problem before it becomes overwhelming.

On July 1, 2010, PEHP provided a new, valuable service for all Weber State University members. This new service is called Life Assistance Counseling and will be delivered through a partnership with Blomquist Hale Consulting Group. Blomquist Hale is the premier provider of Life Assistance Counseling in the Intermountain West.

Life Assistance Counseling is a resource to help members deal with a broad range of life problems that may be causing them distress. Life Assistance Counseling provides short term, face to face counseling to help members prevent and resolve such life problems as marital difficulties, family problems, concerns with children, stress, depression, anxiety and to assess for drug/alcohol abuse and dependence.

These counseling services are free, with no co-pay or deductible for

those enrolled in PEHP Preferred, Advantage or Summit care plans.

Life Assistance Counseling offers caring, professional, confidential counseling to you and your covered dependents. There is no set limit on the number of free sessions provided and visits to Life Assistance Counseling do not count against your mental health benefit.

Most life problems can be addressed in a few sessions over a couple of months. However, some problems are not appropriately treated by short-term counseling and may require a referral to the PEHP panel of mental health providers. Members who wish, may go directly to the traditional Mental Health Benefit as offered by their PEHP plan.

So, if you're struggling with a tough situation and don't seem to be getting anywhere, call for caring, confidential help. Appointment times are available at convenient times and locations. To receive assistance, simply call the Life Assistance Counseling office closest to you.



Blomquist Hale Locations

For life threatening emergencies, call 911

Ogden Office

1140 East 36th Street, #111
Ogden, Utah 84403
Main: 801-392-6833
Toll Free: 800-395-7850
Fax: 801-392-1680

Salt Lake City Office

860 East 4500 South, Su. 202
Salt Lake City, Utah 84107
Main: 801-262-9619
Toll Free: 800-926-9619
Fax: 801-262-9630

Brigham City Office

118 East 100 North
Brigham City, Utah 84302
Main: 435-723-1610
Toll Free: 800-894-6822
Fax: 435-723-6567

Logan Office

550 North Main #112
Logan, Utah 84321
Main: 435-752-3241
Toll Free: 800-894-6822
Fax: 435-755-9917

**All other areas:
800-926-9619**

Retirement Has Its Privileges

Did you know that you will be considered "retired" when you terminate your employment at WSU if you are at least 55 years of age and have served continuously in a full-time capacity for 10 years? This status makes you eligible for regular I.D. card privileges including a Bookstore discount, use of physical education facilities, borrowing privileges at the Library, complimentary parking privileges, and tuition benefits as defined in PPM 3-42b.

For more information, see PPM 3-45, Fringe Benefits.

Human Resources



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