



Your Benefit!

WEEKLY UPDATES FROM THE OFFICE OF ISU HR : STAFF BENEFITS

Issue 8

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Weekly Special Points of Interest :

- Vision Open Enrollment Coming in November !
- Get In Shape Without Going to the Gym !

Vision Open Enrollment 11-01!

The ISU employee vision coverage is underwritten by UnitedHealthCare Vision. If you enroll in the coverage, you are locked into the plan for at least one year. Open enrollment is during the month of November for the following January effective date. Only people who have been enrolled in the plan for at least one year will be able to cancel their coverage in the November open enrollment period. For more information on their coverage, please visit the website at: www.myuhcspecialtybenefits.com.

4 Things you should know about our UnitedHealthCare Vision Plan:

1. The plan utilizes a network of providers and requires that employees enroll for a one-year lock-in period.
2. During this lock-in-period, covered members can obtain one eye exam per 12 months, one set of lenses per 12 months, and one set of frames per 24 months. You may also choose contacts in lieu of eyeglasses. You may choose from regular or up to four boxes per year of disposable.
3. Single coverage is available for \$10.58 per month and family coverage is available for \$24.42 per month.
4. The plan also provides a reimbursement schedule for services obtained through a non-network provider. The option of paying vision premiums on a pre-tax basis (reduction) that may lower taxable income and increase take home pay is available.

Employee Wellness and You!



4 Ways to stay thin WITHOUT Going to the Gym:

1. Don't save your steps, multiply them! Instead of driving your car around in circles to find a close spot, purposefully park far away and walk the couple extra feet. Do you know burning a mere 50 extra calories a day equates to five pounds a year?!

2. Incorporate simple resistance movements into your daily routine. Use your own body weight as resistance wherever possible. Isometric exercises, discreet but effective, can be done before you even leave the house in the morning.

3. Take care of your core. We need to attend to our abdominals as we age. These are the muscles that hold all our vital organs in place; they support good posture and a healthy spine, something we must take care of as we get older.

4. Acquaint yourself with small to moderate free weights (3-5 lbs.). A bit of extremely simple resistance training is an antidote to hours spent on gym machines. Short but focused movement with small weights is a good way to preserve upper body tone and bone density and supplement the cardiovascular benefits of an active life-style.