



HUMAN
RESOURCES

1700

UNM at Work

YOUR MONTHLY HUMAN RESOURCE

JUNE 2019

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Onsite Preventive Health Checkup Sign-Up Begins



Onsite Preventive Health Checkups

Sign-up Begins: June 3

Checkups Begin: July 8

Want to learn more about your health and earn a \$200 premium credit? UNM Benefits Employee Wellness is again offering the Onsite Preventive Health Checkups July 8 through Oct. 18.

Checkups and consultations, provided by Catapult Health, are for all active, benefit-eligible employees enrolled in a UNM medical plan.

Spouses/domestic partners who are enrolled in a UNM medical plan are also eligible to earn a \$100 credit.

Sign-up for appointments begins June 3 at noon. Due to a limited amount of space across main and north campus, appointments are limited so sign up early.

You can participate again even if you have received a premium credit in 2016, 2017, and/or 2018.

PCP Visits

Interested in visiting your Primary Care Provider (PCP) instead of getting an onsite checkup?

This year, if you prefer to visit your PCP or have already had a checkup anytime between Oct. 20, 2018 and Oct. 18, 2019, ask your physician to complete and sign the PCP Form and submit it postmarked no later than 5 p.m. on Oct. 18 to qualify for the premium credit.

For more information, visit [Onsite Preventive Health Checkups and Medical Premium Credit](#).

2019-2020 Campus Calendar Now Available

The [2019-2020 Campus Calendar](#) is now available.

On occasion, some dates are subject to change as approved by the UNM President’s Office. Please visit our [HR Calendar](#) webpage for up-to-date information on payroll, holidays and events throughout the year.

UNM Volunteers Needed for National Senior Games



Albuquerque is excited to host the National Senior Games, taking place June 14 – 25, 2019. With approximately 10,000 athletes expected to participate, hosting the National Senior Games is a tremendous opportunity for the City but also, has logistical and staffing challenges.

President Stokes is challenging the UNM Community to meet the goal of 1,000 UNM faculty, staff and student volunteers to help support the event.

Volunteer Today!

Volunteers are needed for a large variety of activities. Volunteers typically serve a minimum of four hours and will receive a 2019 National Senior Games t-shirt, access

to volunteer hospitality areas at all sites, and training.

Paid Leave

Not only will UNM volunteers help support this important city event, eligible regular exempt and nonexempt employees can receive up to **five hours of paid time** for community engagement during normal work hours.

Learn more about [Paid Leave for Community Engagement](#) for regular benefits-eligible employees as well as other details about the event.

How to Register

Register to volunteer at NSGA.com/volunteer. Please use your UNM email address and indicate UNM affiliation when registering yourself, and friends and family volunteering with you. This will assist UNM in identifying our level of support in reaching the goal of 1,000 UNM volunteers.

For questions regarding the Senior Games, contact Connie Beimer, UNM’s Director of Government Affairs, at cbeimer@unm.edu.

Contact your HR Consultant, at hrpr@unm.edu for questions on eligibility for paid leave and leave reporting.

UNM Food Summer Hours

Wondering where to eat this summer on Main Campus? Check out the UNM Food hours of operation.

Don’t forget, UNM Food meal plans are not just for students. [Faculty and Staff Meal Plans](#) are available and include Dining Dollars and meal swipes that never expire.

SUMMER SESSION 2019
HOURS OF OPERATION
JUNE 3RD-JULY 28TH | AROUND CAMPUS

STARBUCKS ZIMMERMAN MON-THURS 8:00am-3:00pm FRI 8:00am-1:00pm SAT-SUN CLOSED	OUTTAKES LAW SCHOOL CLOSED
MARKET @ THE BOOKSTORE MON-FRI 8:00am-5:00pm SAT-SUN CLOSED	FRESH BOX CLOSED
DANES DELI MON-THURS 7:30am-3:00pm FRI 7:30am-1:00pm SAT-SUN CLOSED	MITCHELL HALL CLOSED
EINSTEIN'S BROS. BAGELS CLOSED	LA MONTANITA MON-FRI 8:00am-5:00pm SAT-SUN CLOSED
CORNER STORE SRC MON-SUN 9:00am-3:00pm	UNIVERSITY CLUB MON-WED 11:00am-1:30pm THURS 11:00am-6:00pm FRI 11:00am-7:00pm SAT-SUN CLOSED
THE CAFE SRC CLOSED	GOLF COURSE MON-SUN 6:30am-6:30pm
LA POSADA DINING HALL MON-SUN B 7:00am-9:00am L 11:30am-1:30pm D 4:00pm-6:00pm	

SUMMER SESSION 2019
HOURS OF OPERATION
JUNE 3RD-JULY 28TH | AT THE SUB

SATELLITE CAFE MON-FRI 7:30am-3:00pm SAT-SUN CLOSED	TWISTERS MON-FRI 7:30am-3:00pm SAT-SUN CLOSED
SUBWAY MON-FRI 10:30am-3:00pm SAT-SUN CLOSED	CHICK-FIL-A MON-FRI 10:30am-3:00pm SAT-SUN CLOSED
MANDALAY EXPRESS MON-FRI 9:00am-3:00pm SAT-SUN CLOSED	BLAKE'S LOTABURGER MON-FRI 7:30am-5:00pm SAT-SUN CLOSED
Pi MON-FRI 11:00am-2:00pm SAT-SUN CLOSED	MERCADO MON-FRI 7:30am-4:30pm SAT-SUN CLOSED
DRAFT & TABLE MON-FRI 12:00pm-5:30pm SAT-SUN CLOSED	UNION CLUB CLOSED

Your Benefits

Changes Coming to the Educational Retirement Act July 1

In last month's [newsletter](#), we announced Governor Lujan Grisham's signing of House Bill 360, making significant changes to the Educational Retirement Act (ERA).

HR Benefits will continue to directly contact employees who will be affected by the changes before the effective dates. We are continuing to communicate with the NMERB to clarify processes for Return to Work (RTW) retirees beginning July 1 and will provide updates as they are received.

Here is a recap of a few important changes affecting UNM employees and retirees.

PERA Retirees

Employees retired from a New Mexico Public Employee Retirement Association (PERA) employer and working for an ERB employer will be required to make non-refundable contributions to the ERB. PERA retirees will not accrue ERB service credit.

Current police officers who are PERA retirees are exempt from making ERB contributions, provided they remain employed as a police officer for an ERB employer.

ERB Return to Work

All ERB retirees who wish to return to work with an ERB employer will be required to apply to the New Mexico Education Retirement Board (NMERB) in order to return to work, irrespective of Full Time Equivalence (FTE).



This provision will apply to those returning under the RTW program or the RTW exception rule. HR is continuing to communicate with the ERB to clarify processes and requirements for employees who are planning to return to work July 1, 2019 or after.

The RTW exception rule will change to require that retirees applying to return to work under the RTW exception rule will be limited to working .25 FTE or less.

The current RTW exception provision limiting salary to \$15,000 will no longer be available. HR is communicating with NMERB to clarify how this change affects retirees currently working under the RTW exception limiting salary to \$15,000.

Details of all the changes are available at nmerb.org. Questions? Contact UNM Benefits at 505-277-6947 or HRBenefits@unm.edu.

A promotional banner for 'Tech Days' featuring a background of circuitry. The text reads: 'THE CONNECTED FUTURE IS HERE', 'COME LEARN HOW LEADERS LIKE', 'GARTNER · UNM's COSMIAC · ADOBE · APPLE · MICROSOFT & MANY MORE...', 'ARE BUILDING AN INTEGRATED, CONSTANTLY-CONNECTED FUTURE, TODAY!', 'ONLY AT TECH DAYS', 'SAVE THE DATE June 6 - 7, 2019 REGISTER SOON techdays.unm.edu', and 'PRESENTED BY NM OFFICE OF THE CHIEF INFORMATION OFFICER'.

Your Wellness

June 17 is National Eat Your Vegetables Day

Vegetables are both delicious and fun! Celebrate National Eat Your Vegetables Day on June 17 by “playing with your food” – experiment with a new recipe or try a new vegetable for the first time.

Get the fun started with our [Veggie Sudoku](#) – it’s just like regular Sudoku but with vegetables instead of numbers. Fill in the empty squares with vegetables so that each row, each column, and each 3x3 box contains the same vegetable only once.

And if you are hungry for even more new ideas, schedule a [nutrition counseling appointment](#) today!



SUMMER WOW PASS NOW AVAILABLE! The World of Wellness passes are now available for the summer. Passes are \$75 for UNM Faculty and Staff and are tuition remission eligible. [View the WOW class schedule.](#)

Wellness Ambassador Champions Mark and Ben



UNM employees, Mark Reynolds and Benjamin Murray, each have a personal passion for health and wellbeing and have been Wellness Ambassadors for their department of Information Technologies (IT) since 2016.

They took these leadership roles with a goal to inspire other employees in adopting healthier behaviors and lifestyles and have been instrumental in leading wellness activities for their department.

Mark enjoys planning department activities such as CPR classes, summer activities, and increasing mindful awareness, while Ben likes to use humor and laughter to promote workplace wellness. He usually has a couple of jokes at the ready while leading stretch breaks and demonstrating desk exercises for IT employees.

Last year, they led the initiative to organize a summer wellness event for their department featuring healthy foods, music, games, and other activities such as baseball and kickball. The event was such a hit, they are

planning another event this year. As Ambassadors, Ben and Mark encourage work-life balance and are a constant reminder to their fellow UNM employees to take time for themselves.

Interested in becoming a Wellness Ambassador like Mark and Ben? Employee Wellness is recruiting new Wellness Ambassadors to join the program in 2019-2020.

The Wellness Ambassador Program, organized by UNM Employee Wellness, is an opportunity for employees who embrace wellness in their own lives to promote and support workplace wellbeing for their department and fellow co-workers.

Visit [Employee Wellness](#) for more information.

LOBO CANCER CHALLENGE
SEPT. 14, 2019
DREAMSTYLE STADIUM

IT'S TIME TO
FIGHT CANCER

SEPT 14 2019
LoboCancer
Challenge.org

Join the Lobo Cancer Challenge to raise funds for cancer research and patient support at the UNM Comprehensive Cancer Center.

Register
Start fighting cancer by creating a team, joining one, or registering as an individual.

Fundraise
Ask family and friends to give towards your goal. 100% of donations benefit the cancer fund of your choice.

Celebrate
Whether you ride, run or walk on Sept. 14, we'll celebrate fighting cancer together.

Routes	5K Walk/Run	25 Mile Ride	50 Mile Ride	100 Mile Ride
Registration Fee	\$40	\$50	\$75	\$100
Fundraising Commitment	\$50	\$250	\$500	\$500
Patient/Student Fundraising	\$50	\$100	\$100	\$100
Age	all ages	12+	12+	12+

Packet Pick Up — Sept. 13, 4 - 7 pm, Dreamstyle Stadium
Kick-Off Party — Sept. 13, 5:30-7:30 pm, Dreamstyle Stadium

BIKE, RUN OR WALK • REGISTER TODAY AT [LOBOCANCERCHALLENGE.ORG](#)

Presenting Sponsor
Blake's LOTABURGER

5 UNM at Work

June 2019

International Yoga Day, June 21

Join us on Friday, June 21 to celebrate International Yoga Day! Yoga is a physical and mental way to practice meditation and transform the body and mind. Employee Wellness is offering two FREE yoga sessions.



Main Campus

11 – 11:45 a.m.

Johnson Field, Northeast corner

North Campus

12:15 – 1 p.m.

Grass area east of the Medical Library

Our International Day of Yoga celebration is open to all staff and faculty. Space is limited so arrive early to secure a spot. Bring your own mat and hydration.

Questions? Contact Employee Wellness at wellness@unm.edu or 505-272-4460.

Stair Challenge Conquered



On April 27, 132 UNM staff, faculty, students, and community members took on 1,668 stairs at the 4th Annual Stadium Stair Challenge at Dreamstyle Stadium.

Anthony Hills won overall male and set a new record completing the course in 10:34. Emily Arzate won overall female for the fourth year in a row. She completed the race in 12:49!

Employee Wellness would like to thank all the volunteers and participants in making the Stadium Stair Challenge a successful event and we are looking forward to the 5th Annual Stadium Stair Challenge 2020.

Get Moving

20-Minute STRONG by Zumba

Take your love of moving to the beat into your strength-training workouts with **STRONG** by Zumba. This is a total-body cardio class that is **not** dancing! To power your workout, all the exercises are synced to the beat. The music keeps you motivated to do more, pushing you to work harder to reach your ultimate fitness goals.

If you are interested in more ideas customized for your work group, contact [Employee Wellness](#). We offer a variety of stretching and strength building classes, including Stretch Away Stress and Ergonomic Stretch Breaks. We also sell resistance bands for only \$15.

“20-Minute Cardio and Full Body Workout, STRONG by Zumba,” YouTube, uploaded by Employee Wellness 14 May, 2019, <https://youtu.be/bm4WZyH5p2I>



Your Professional Development

EOD Spotlight: Keeping Your Employees Loyal and Happy

Did you know that the average 25 year-old has already worked 6.3 jobs?

Though benefits can often be attractive means for recruitment, keeping people happy and working with you longer goes beyond basic perks.

If you are a supervisor or manager, consider the costs (monetary, and knowledge loss) to your department of losing an employee. Keeping your team members engaged and happy helps retain your employees.

One of the best retention tools is communication. Consider some of the [questions in this article](#) when meeting with your employee.



EOD June Course Spotlight

EOD offers over 30 online and in-person professional development courses. Here are two offered this month.

Discover Your DiSC Behavioral Style Workshop

June 20, 8:30 – 11:30 a.m.

DiSC is a behavioral assessment tool centering on four personality traits- Dominance, Influence, Steadiness, and Contentiousness. During this workshop you will discover how DiSC styles affect workplace relationships. Explore the priorities that drive styles at work, learn what's effective and recognize the potential challenges when working with each DiSC style. Create strategies to overcome challenges when working with people of different DiSC profiles. Participants will be required to complete an online DiSC profile prior to attending. Registration deadline: **May 30**

In-person courses are held in the Perovich Business Center, unless otherwise noted. For these classes, and more about our online course offerings, see the [EOD Calendar](#), or visit and register at [Learning Central](#).

Changing Perspectives of Time Management

June 26, 8:30 – 11:30 a.m.

This course is designed to give you practical tips to help improve your personal and professional time management. We will examine your current approaches to managing time and learn a new approach to increase your effectiveness using the Time Management Matrix from the “Seven Habits of Highly Effective People.”

By the end of the course, you will develop a view of time resulting in more effective outcomes; learn to schedule your most important activities, based on defining big-picture goals; effectively use scheduling tools; and address common time management pitfalls.

Mandatory Training 2019

As you break out your swimming gear and plan your summer vacation, it's not too early to think about December and your mandatory training, which must be completed by December 1, 2019. Plan for completion of your training before the busy fall semester!

All regular faculty and staff, temporary faculty and staff, on-call staff and student employees (including grad students) are required to complete the designated University-wide mandatory training. The three University-wide mandatory trainings are:

- EOD 1019: Harassment & Discrimination Prevention 2019
- SRS 0119 Basic Annual Safety Training 2019



- EOD 481-19 Active Shooter on Campus: Run, Hide, Fight 2019

Contact [Employee and Organizational Development](#) at 505-277-1627 or eod@unm.edu if you have questions. Mandatory trainings are located at [Learning Central](#).



UNM at Work

YOUR MONTHLY HUMAN RESOURCE

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Questions? Contact Us!

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