NYS Insurance Option Transfer ends Dec. 31st

The New York State Health Insurance Option Transfer period ends on December 31, 2013. During this time employee’s can change from Family to Individual coverage, cancel coverage without a qualifying event, elect an after-tax deduction or switch plans. For detailed information regarding Option Transfer please go to http://goo.gl/rbtXD. Submitted by Human Resource Services

Healthier U Calendar

http://www.stonybrook.edu/sb/healthieru/programs.html

The Campus Healthier U (wellness in the workplace) program has a number of events in December and January. They include Cardio Fusion, Holiday Stress Busters, Target Fitness (12 week program), Protecting your Assets, Healthy Aging, Care-giving Strategies and their On-going Smoking Cessation Program. Check out the above link for further details.

*RSVP* No later than three days prior to an event for lunch orders.

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