ISSUE 20 JUNE 2020

OWL BE WELL

KENNESAW STATE UNIVERSITY EMPLOYEE WELL-BEING NEWSLETTER

JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH. ALZHEIMER'S DISEASE IS THE 6TH LEADING CAUSE OF DEATH AND AFFECTS MILLIONS OF PEOPLE DAILY. ACCORDING TO THE ALZHEIMER'S ASSOCIATION, 150,000 GEORGIANS LIVE WITH ALZHEIMER'S AND OVER 500,000 PEOPLE ARE UNPAID CAREGIVERS.

SHARE THESE RESOURCES WITH SOMEONE YOU KNOW AND CONSIDER REGISTERING FOR THE LONGEST DAY®. ON JUNE 20, SELECT ANY ACTIVITY YOU LOVE OR AN ACTIVITY LOVED BY THOSE AFFECTED TO HELP END ALZHEIMER'S.

ALZHEIMER'S & BRAIN awareness month

alzheimer's association®

THE ASSOCIATION WORKS TO PROVIDE CARE AND SUPPORT FOR ALL THOSE AFFECTED BY ALZHEIMER'S AND ALL OTHER DEMENTIA.
24/7 NATIONWIDE FREE HOTLINE STAFFED BY MASTER'S-LEVEL CLINICIANS AND SPECIALISTS, PROVIDING CONFIDENTIAL SUPPORT AND INFORMATION IN OVER 200 LANGUAGES.
ALZCONNECTED® PROVIDES A PLACE FOR THOSE AFFECTED TO CONNECT WITH OTHERS, SHARE QUESTIONS, FIND ANSWERS AND SHARE OPINIONS IN THE ALZHEIMER'S COMMUNITY.
FREE ONLINE TOOL, ALZHEIMER'S NAVIGATOR®, HELPS THOSE FACING THE DISEASE TO DETERMINE THEIR NEEDS AND DEVELOP AN ACTION PLAN.
PROVIDE CAREGIVERS AND FAMILIES WITH COMPREHENSIVE ONLINE RESOURCES THROUGH THEIR ALZHEIMER'S AND DEMENTIA CAREGIVING SECTION,

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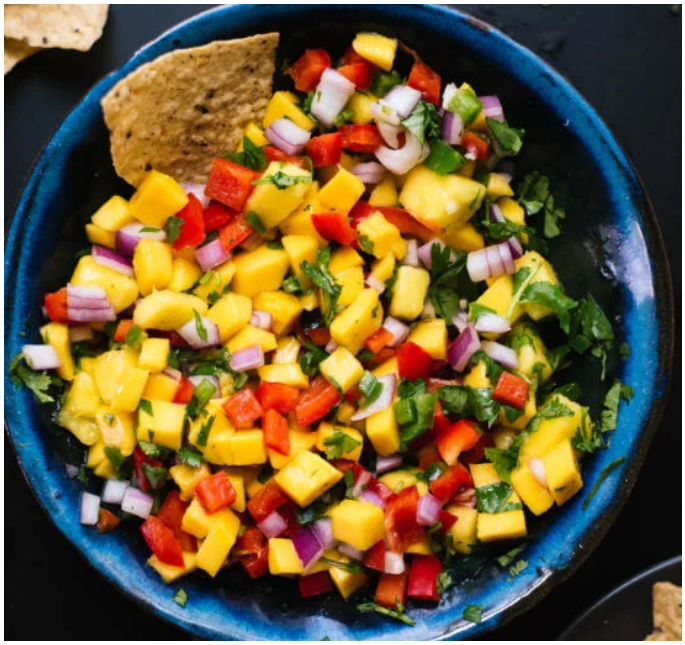

Click above to view our June Recipe of the Month, Fresh Mango Salsa!

USG Remote Well-being: Managing Finances

Financial awareness is important when the economy is experiencing significant changes. Now might be a great time to take stock of your personal finances. Click below for tips that can help you improve your financial awareness & security.

Monday: Financial Emergency Plan **Tuesday: On Budget**
Wednesday: Organize Your Finances **Thursday: Shrink Your Debt**
Friday: Spending Break **Saturday: Track Spending**
Sunday: Save for the Future

Financial/Market Volatility Concerns

USG has partnered with CAPTRUST to provide retirement & financial advisory services to USG employees. CAPTRUST offers a no-cost advice line to all benefited employees, & representatives are available to answer questions & concerns about the market. To schedule an appointment, call 1-800-967-9948 or online at www.captrustadvice.com. Representatives are available Monday – Thursday 8:30am – 5:30pm and Friday, 8:30am - 4 pm (EST).

USG Well-being Wednesday: Weight Management June 10 12:00 pm

USG Money Monday: Strategies to Eliminate Debt for Financial Success

Monday, June 29 at 12 PM

USG cares about your health and well-being.

That's why we provide you with a variety of tools that make it easy for you to incorporate healthy habits into your daily life. Complete healthy activities by September 30, 2020, and you can earn up to a $100 well-being credit or drawing entries to earn prizes. The well-being credit is only available to employees and spouses covered on a USG healthcare plan and will be paid in November. USG has partnered with Virgin Pulse for the well-being services. Your health information is confidential and will not be shared with the USG. Those that are benefits-eligible, but not enrolled in a healthcare plan will earn prize drawing entries. Please email mailto:efc@kennesaw.edu for additional support and questions.

Also check out these helpful guides:

How to connect your device
USG Well-being Journeys
USG Well-being Phone Coaching
Can I earn money for participating in community events?

YOUR EMPLOYEE WELL-BEING TEAM HAS COMPILED A COLLECTION OF VIRTUAL RESOURCES AND PROGRAMS TO SUPPORT YOUR WELL-BEING EVERY DAY, ESPECIALLY NOW DURING THE COVID19 PANDEMIC. CLICK ON THE COMPUTER ABOVE TO CHECK OUT OUR RESOURCES.

Get Social with Us

INSTAGRAM

FACEBOOK

FUN IN THE SUN ACTIVTRAX FITNESS CHALLENGE

June 1 - 30

Earn Points For:

ActivTrax Workout

Cardio Workout

KENNESAW STATE UNIVERSITY
HUMAN RESOURCES
Employee Fitness Center

ActivTrax

YOUR NEXT EMPLOYEE FITNESS CENTER ACTIVTRAX FITNESS CHALLENGE, FUN IN THE SUN, STARTS JUNE 1ST! YOU CAN EARN POINTS BY COMPLETING ACTIVTRAX AND CARDIO WORKOUTS! TO ACTIVATE YOUR ACTIVTRAX ACCOUNT OR FOR INFORMATION ON CHANGING YOUR ACTIVTRAX SETTINGS TO BODYWEIGHT EXERCISES, EMAIL US AT EFC@KENNESAW.EDU.