Mark Your Calendar!

**Annual Open Enrollment in October**

Benefits Open Enrollment for faculty and staff is **October 15 - 31, 2023**! The University of Alabama is committed to offering comprehensive and cost-effective benefits, and Open Enrollment is a great opportunity to evaluate your options. Watch for upcoming communications with more details this fall!

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**Mental Fitness Training**

Aug. 1st - Aug. 22nd

**New WellBAMA Program!**

In this 4-week program led by Dr. John Burkhardt, PsyD., you will learn powerful techniques to manage stress, increase your awareness and understanding of stress and its effects on your mental and physical health, and discover ways to maintain a healthy work-life balance to improve your overall well-being. [Register to attend this new program today!](#)

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**Educational Tuition Benefit**

**Deadline to apply for fall courses is August 30**
The University offers an email educational tuition benefit to all regular, full-time and regular, part-time employees and their eligible spouses and unmarried, dependent children up to the age of 26. Admission to UA is required.

One application form is required per academic year, so all employees should apply for Fall 2023 if you or your eligible dependent(s) plan to enroll in courses.

The deadline to apply corresponds to the ‘Last Day to Add a Course or Drop a Course Without a Grade of “W” for the Full Term’ per the University Registrar’s Academic Calendar - Aug. 30, 2023 for the full fall term.

Submit Your Educational Benefit Application Form

New HR Visitor Check-In

In June, the HR Service Center relocated to a newly renovated space in the Employee Resource Center at 1515 Flint River Drive.

Now, visitors to the Human Resources Administration building will use Greely visitor management software to check-in for meetings and appointments. Greely serves as a digital receptionist for all departments located in the building, including Benefits. When arriving for an appointment with a Benefits Specialist, employees will check-in on an iPad and wait in the lobby for assistance.

Breastfeeding Resources
August marks National Breastfeeding Month, sponsored by U.S. Breastfeeding Committee, with a mission to improve the Nation’s health by working collaboratively to protect, promote, and support breastfeeding.

Per the Pregnant Employee Policy, the University provides nursing mothers with a reasonable amount of break time to “pump” or otherwise express breast milk for their nursing child for up to one year after the child’s birth. To support employees returning to work, private nursing mothers’ rooms that are equipped with a table, chair, and a lock from the inside are available at various locations across campus. Additional information regarding lactation support, including a list of nursing mothers’ rooms, is available on the HR website.

Disease Management Programs

The following programs are only available to eligible employees and dependents enrolled in UA’s health plans with a diagnosis of prediabetes, diabetes and/or hypertension.

Lark Health

New voluntary digital health program provided at no additional cost to you. Lark helps prevent or manage chronic conditions such as hypertension, prediabetes and diabetes. Participants receive a free wireless scale, plus wireless blood sugar meter OR wireless blood pressure monitor. Enroll now!
Virta for Type 2 Diabetes
Research-backed treatment that reverses type 2 diabetes through a combination of nutritional ketosis, medical supervision, and health coaching. Virta helps reduce blood sugar and A1c, eliminate medications, and lose weight by using food as medicine. Click to start your treatment with Virta!

Employee Assistance Program

Uprise Health

Five Free Counseling Sessions!
EAP benefits are available to all employees and their families at NO COST. The Uprise Health EAP offers confidential advice, support, and practical solutions to real-life issues, including financial help, legal services, child/parenting services, adult/eldercare services, and more. Get help today!

Benefits Highlight

24/7 On-Demand Telemedicine
Teladoc uses phone and video technology to provide remote, medical care for acute, non-emergency illnesses. The cost per Teladoc visit is $55 before the calendar year deductible is met for employees and dependent(s) enrolled in a UA health plan. Call 1-855-477-4549 or click here for additional information.