

YOUR LIFE *well lived*

JANUARY 2020

WELLBEING RESOURCES FOR HARVARD UNIVERSITY FACULTY AND STAFF

MAKE THE MOST OF YOUR HEALTH BENEFITS

If your health coverage is now with Blue Cross Blue Shield of Massachusetts (BCBSMA), you can tap into a host of tools, resources, and perks aimed at keeping you healthy and saving you money.

- **Anytime, anywhere access:** [On the Blue Cross Blue Shield website](#), you can review your benefits, estimate costs, find a doctor, and more. On the go? Try the MyBlue smartphone app ([App Store](#) or [Google Play](#)), or simply call 888-389-7732.
- **Outside New England provider locator:** Have dependents living outside New England? [Find out how to access in-network providers](#) in their area.
- **Deals and steals:** You can save on fitness gear and services with exclusive member offers on [Blue365](#).



No matter which health plan you've selected (through Harvard University Group Health Plan or BCBSMA), you have access to the following benefits:

- Pharmacy benefits through [Express Scripts](#). Missing your card? Call 877-787-8684.
- Referral rebates when you find a health care provider through [SmartShopper](#). Note: If you initiated a request as a Harvard Pilgrim Health Care client in 2019, you'll need a new referral.
- [Reimbursements for gym memberships or weight loss programs](#). Don't forget: You have until March 31 to request credit for 2019 expenses.
- Acupuncture sessions at the [Center for Wellness and Health](#)—up to 20 per year for only the cost of a copayment (must file for reimbursement).

Make 2020 a healthy new year by taking advantage of all that your medical plan offers. **And don't forget to bring your new insurance card to your medical appointments!**

PLAN FOR SCHOOL VACATIONS BEFORE THEY SNEAK UP ON YOU

While school vacation weeks are delightful for kids, parents often scramble to find activities to keep the youngsters busy. Fortunately, Harvard has plenty of engaging options for kids, both on and off campus. The University's extremely popular [School Vacation Camp](#) (Cambridge, Longwood, and HBS) offers a full day of activities for children in grades K–5 during the February and April public school vacation weeks. If you're interested, be aware that registration opens 5–6 weeks before each program begins.

Looking for other ways to fill the time (and have some fun)? You may want to consider these other family-friendly options:

- Explore the science, art, and history programs at [Harvard's Museums of Science and Culture](#).
- Find arts, drama, sports, or music classes near you with [local school vacation options](#) from the Office of Work/Life.



Peabody Museum (photo by Tony Rinaldo)

- Take advantage of discounted tickets to events like Disney On Ice or performances at the Wheelock Family Theatre, as well as reduced ski passes, all from [Outings and Innings](#) (HarvardKey required).

With a little planning, school vacation weeks can be fun for the whole family.

MIND AND BODY

In this season of long nights, don't neglect physical and social activities that can help you maintain clarity and equanimity.

- Stretch out in a yoga class at the [Center for Wellness](#), a [Harvard Athletics group class](#), or a class at [Harvard Business School](#) (HBS staff only), [Longwood](#), or the [Office of Work/Life](#).
- Take an [Arboretum Winter Wellness Walk](#) with a trained docent who can point out natural highlights of the season, and finish with a hot drink.
- To support our diverse community, Harvard offers "This is how you say my name." You can record your name by going to [PeopleSoft](#) (HarvardKey required), selecting My Personal Details > Names, and clicking the microphone. Recordings will eventually be available in the Harvard Connections Directory.

LIVING AND WORKING

With a variety of programs and services, the Office of Work/Life can help you with your 2020 resolutions all year long.

- Find a course on mindfulness, flexwork, or eldercare on the [Office of Work/Life calendar](#).
- Caring for an elderly family member? Sign up for a webinar about the [financial and legal aspects of long-term care](#).
- Register for a January 15 webinar on [forming healthy habits](#).

LEARNING AND GROWTH

Help us make Harvard a better workplace—starting with improving your own skills.

- Take a free online course to refine your managerial skills through [Harvard Manage Mentor](#) (HarvardKey required).
- Improve your writing, from preparation to final draft, in a three-hour [Writing at Work workshop](#) (HarvardKey required).
- Do you have an innovative idea to improve how we work at Harvard? Learn how to apply for a grant from the Harvard President's Administrative Innovation Fund (PAIF) at an **Open House on March 3, 12-2 pm at 124 Mt. Auburn St., Cambridge, 3rd Floor**, and keep up to date with the process through the [PAIF mailing list](#) and [website](#).

FINANCES AND SECURITY

The start of a new year is a great time to make sure your financial life is on track.

- [Find the new 2020 contribution limits](#) for tax-optimized retirement accounts, including extra "catch-up" amounts for those age 50 or over. To change your contributions, contact the [Harvard University Retirement Center](#) (HarvardKey required) or call 800-527-1398.
- People who change employers during the year sometimes overcontribute to retirement accounts—and as a result are double taxed. If you contributed at more than one employer and need a refund of excess contributions, make sure to contact your vendor by April 15.
- Check the [Financial Education Calendar](#) for educational courses on money matters.

To explore additional Harvard employee events, view the [full calendar](#) on HARVie.