

YOUR LIFE *well lived*

JUNE 2019

WELLBEING RESOURCES FOR HARVARD FACULTY AND STAFF

PROTECT YOUR PETS WITH PETS BEST

Our pets are beloved family members, contributing to our wellbeing and overall happiness. And when they are sick or hurt, we want to make sure they have the best possible medical care, which can add up. In fact, in 2018, Americans—more than two-thirds of whom own a pet—spent \$18 billion* on veterinary care alone.

To help you with veterinary costs, Harvard will offer pet insurance for cats and dogs from Pets Best, beginning July 1, 2019. This voluntary program includes convenient payroll deductions, group rates, and a 5% discount for Harvard faculty and staff on the BestBenefit plan.

Here's what you need to know:

- You can enroll in Pets Best at any time. Enroll by the 15th of the month to begin coverage on the first day of the next month. For example, to begin coverage on the initial date of July 1, 2019, you must elect coverage by June 15, 2019.

* Source: https://www.americanpetproducts.org/press_industrytrends.asp.



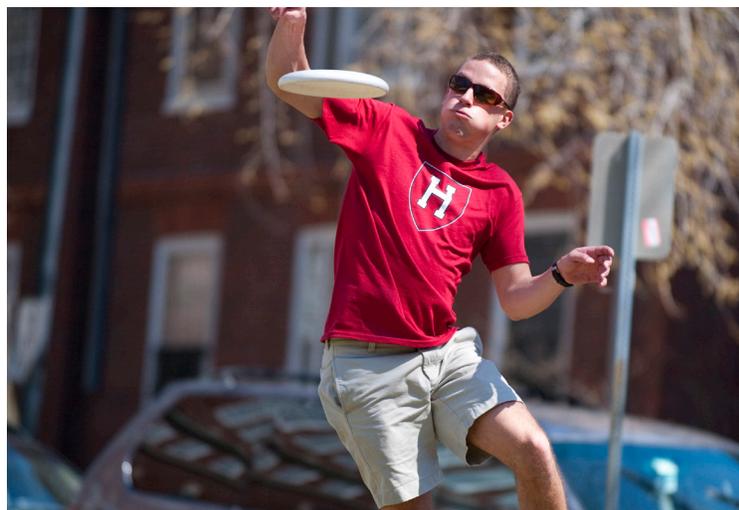
- Pets Best offers flexible coverage options, with no annual or lifetime limit, including wellness coverage for routine care.
- Depending on the plan you choose, you'll be reimbursed 70% – 90% of veterinary bills (after deductible) and may use any vet, including specialty and emergency clinics.

You can learn more [here](#). For more details, price options and to enroll in coverage, simply call 1-866-228-3516 or visit CrimsonPersonalPlans.com.

FAN FAVORITES: REVISIT OUR MOST-CLICKED RESOURCES

Over the past academic year, the most popular resources in this monthly newsletter ranged from mindfulness tips, volunteer opportunities, and personal training to legal services and healthy eating. Here are some of your favorites:

- Whatever your wellbeing goals, the Office of Work/Life's [mindfulness programming](#) can help you meet them.
- Work on your fitness by taking advantage of [personal training packages](#), made up of 30- or 55-minute sessions.
- Connect with the Harvard community (and give back at the same time) through our [campus volunteer opportunities](#).
- Take advantage of free consultations and [discounted legal services](#) through our Employee Assistance Program and Supplemental Life Insurance programs.
- Jump-start your health goals this summer—and reduce your risk of heart disease, cancer, and diabetes—with our online [6-Week Plan for Healthy Eating](#).



We're taking a break over the summer, but we'd love to hear your ideas for this newsletter. Is there a topic you'd like us to cover? Have suggestions for making this resource even better? Please share your thoughts by emailing wellbeing@harvard.edu. In the meantime, have a great summer—we'll see you in September!

MIND AND BODY

Feed your body, mind, and soul at these summer events.

- Celebrate the longest day of the year—and beginning of summer—at our [Summer Solstice Celebration 2019](#). Enjoy free admission to Harvard museums, special performances, fun crafts, food trucks, and more!
- Workplace appreciation is key to wellbeing. Honor your exemplary coworkers at the [2019 Harvard Heroes](#) event and reception, hosted by President Bacow, June 13, 3:30 p.m. at Sanders Theatre, Memorial Hall. All are invited, no ticket required!
- Load up on fresh produce at the [Harvard Farmers' Market](#), Tuesdays, 12 – 6 p.m. at the Plaza outside the Science Center (June 11 – November 26).

LIVING AND WORKING

Pursuing wellbeing is a year-round goal. That's why the Office of Work/Life offers engaging programs all summer long.

- The 5 million Americans living with Alzheimer's disease rely on more than 15 million family caregivers for assistance. Gain helpful tips in our webinar [Alzheimer's Disease and Dementia: Caregiving Challenges and Strategies](#), August 6.
- Learn to navigate—and enhance—the relationships that matter most by registering for our [Improving Your Relationships at Work and Home](#) online group chat, July 23.
- Did you know that practicing mindfulness can help protect your data from digital theft? Register for [Don't Get Caught: Use Mindfulness to Foil Phishers, Hackers, and Cyber-Crooks](#) (June 13), a free session from the [Office of Work/Life](#) and [Information Security](#).

LEARNING AND GROWTH

Make the most of your summer. Jump-start your professional development, right here on campus.

- Working toward academic and professional goals? Harvard Extension School can help! Attend our [Open House](#) on June 12.
- Join us at our [Career Connections event](#) (June 5, 12 – 3 p.m.) to network with Harvard HR representatives, receive resume feedback, attend interview panel discussions, and acquire tips for navigating Harvard as an internal candidate.
- Want to invest in your career this summer? Then take advantage of our many [Center for Workplace Development](#) courses, including [Communicating at Work](#) (HarvardKey required), June 20, from 9 a.m. – 1 p.m.

FINANCES AND SECURITY

Protect your possessions, your future, and our planet with these Harvard resources.

- Considering solar energy for your home? [Learn how](#) Harvard Credit Union's partnership with NRGTree can help you evaluate your options and secure financing.
- Want personalized retirement planning assistance? Scheduling a one-on-one meeting with one of Harvard's retirement investment providers is easy.
TIAA: Call 800-732-8353 or visit tiaa.org/schedulenow to set up an appointment at 97 Mt. Auburn Street, Cambridge.
Vanguard: Call 800-662-0106 x14500 or visit meetvanguard.com to schedule an appointment at 115 Mt. Auburn Street, 4th Floor, Cambridge.
- Protect your laptop by registering it online on the Harvard University Police Department website (free of charge!) or through Absolute Software's LoJack for Laptops. Learn more—and review HUPD's tips for preventing laptop theft—[here](#).

For more about Harvard employee events, view the [full calendar](#) on HARVie.