

# YOUR LIFE *well lived*

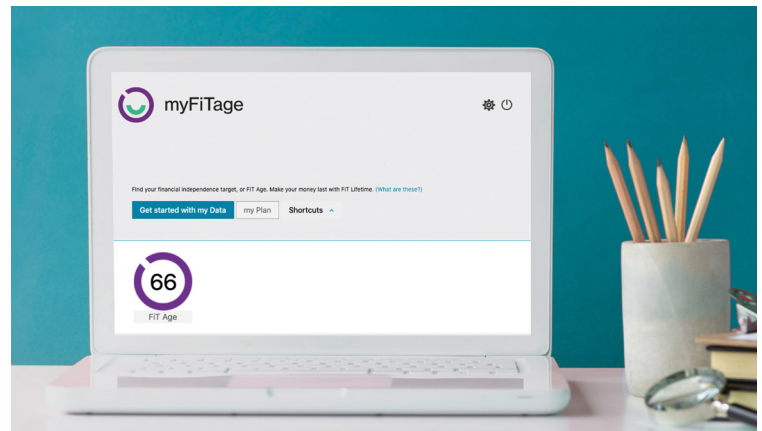
MARCH 2021

WELLBEING RESOURCES FOR HARVARD UNIVERSITY FACULTY AND STAFF

## TURN YOUR FINANCIAL PLAN INTO FINANCIAL REALITY: INTRODUCING MYFITAGE, YOUR ONLINE FINANCIAL ADVISOR

As part of our commitment to providing resources that make it easier to monitor your saving habits to get — and stay — in good financial health, Harvard is pleased to introduce myFiTage. By offering personalized tips for linking your saving behaviors to your long-term goals, myFiTage helps you determine your Financial Independence Target Age.

Based on your Harvard benefits, current retirement account balances, and projected Social Security benefits, myFiTage estimates when your resources will meet your spending needs for financial freedom or retirement.



- **Know your numbers.** The tool lets you visualize how long your retirement resources will last, and how to make them go further.
- **Fill in the blanks.** Confirm your information and add your spouse or partner's assets and benefits to get a full picture of your financial future.
- **Change your routine.** Explore how small changes to your retirement contributions and asset allocation can potentially impact your long-term financial outlook.
- **Get started.** To access myFiTage, log on to [My Harvard Total Rewards](#) (HarvardKey required), and at the bottom of the Welcome page, click the learn more button on the myFiTage tile.

And, while you're on the My Harvard Total Rewards page, check out personalized details about the value of your retirement benefits and learn more about other financial tools and programs available to you as a Harvard employee. Remember, positive financial health can lead to improvements in your physical, mental, and social wellbeing!

## EDNAVIGATOR: MEET YOUR FAMILY'S PERSONAL EDUCATION ADVISOR

Today's working parents may find that their kitchen table is being used as an office, a classroom, a lunch counter, and an art studio — maybe all at once. But the stress of managing school at home is just the latest challenge for parents and caregivers trying to keep their children on the path to a great education. With EdNavigator and its online parenting handbook The Kinda Guide, you no longer have to do it alone. Both of these services are free for faculty and staff. For important details and how to get started, visit the [School-Aged Children section](#) of HARVie.

EdNavigator can match you with an expert education advisor (a “Navigator”) to help you and your family achieve your educational goals. Navigators include award-winning teachers, experienced principals, and other education professionals who know Boston-area schools from the inside out. They’ll work with you to create a clear plan and provide ongoing guidance and support that helps you and your family:

- Understand and support your child’s unique learning needs, including students with IEPs
- Help your children learn at home and school
- Make the most of limited meeting time with your child’s teachers
- Find high-quality educational programming and resources outside of school
- Choose the right school for your child
- Keep teenagers on the path to college or a fulfilling career



Looking for information and advice on remote learning? The Kinda Guide is EdNavigator’s online guide to helping parents navigate family life during the pandemic. Each week, subscribers get:

- Expert advice on getting the most out of remote learning
- Recipes for meals and snacks that are simple and delicious
- Ideas for “at-home family adventures” like virtual trips, movie nights, and more

Access a free subscription to The Kinda Guide and get connected to a Navigator by following [these instructions](#).

---

## MIND AND BODY

**As you await your turn to get vaccinated, keep your mind and hands busy with intellectual and artistic pursuits.**

- Get the latest information on the availability of [COVID-19 vaccines from Harvard University Health Services](#).
- Hear why [novelist Jhumpa Lahiri](#) is obsessed with the Italian language, learn [how to cook a crostata](#), virtually visit artists’ studios, or find other free happenings in the [Harvard Calendar of Events](#).
- Learn to sculpt animals, print images on ceramic, or make pots with a virtual [class from the Ceramics program](#). (TAP benefits are available for a limited selection of programs.)

## LEARNING AND GROWTH

**Get out of your own head and take a step toward improving life at Harvard – maybe even life in general.**

- Have an idea for improving The Future of Work at Harvard? Find out how you can get a [President’s Administrative Innovation Fund \(PAIF\)](#) grant to fund it at the [PAIF info session](#) or by emailing [administrative\\_innovation@harvard.edu](mailto:administrative_innovation@harvard.edu). [Grant applications](#) are due April 12.
- Gain proficiency in your communication, productivity, and management skills — even resilience — by taking a [live virtual workshop](#) from the Center for Workplace Development.
- Talking about race is a difficult — but important — conversation to have at work. A [LinkedIn Learning](#) course from conflict resolution expert Kwame Christian can give you a useful framework to open up an effective dialogue and facilitate understanding.

## LIVING AND WORKING

The Office of Work/Life offers great ideas for caring for the ones you love — including yourself.

- Great news! You now have an additional five days of care in your Care@Work [back-up care benefit](#), for a total of 25 days, along with continuing discounted copay rates through June 30, 2021.
- Having trouble getting a restful night's sleep? Sign up for [Fixing Our Broken Sleep](#), an interactive webinar on March 18.
- Learn how to best support your children with the Care@Work webinar [How to Help the Pandemic Generation Thrive](#) on March 17.

## FINANCES AND SECURITY

Get the knowledge you need to feel good about your financial decisions.

- Find out about recent changes to the Flexible Savings Account (FSA) that you use to pay for eligible health or dependent care expenses, including filing extensions for the [2020 FSA plan](#) and the ability to make midyear changes and elections to the [2021 FSA plan](#).
- Improve your credit score to save money and attain financial freedom after learning more about credit reports, credit scores, and credit cards at a free Harvard University Employee Credit Union webinar on March 18, in [English](#) or [Spanish \(en español\)](#).
- With tax season around the corner, take advantage of discounted online tax preparation software and access H&R Block's online tax center by going to [Outings & Innings](#) (HarvardKey required) and selecting Hidden Gems from the top menu.

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