

WELLBEING RESOURCES FOR HARVARD UNIVERSITY FACULTY AND STAFF



A Healthier You in 2024

Making health resolutions for the new year? Perhaps you'd like to move a little more ... but don't have good walking shoes. Or maybe it's time to visit a dermatologist ... but you're not sure how to find one. Or you'd like to help your teenagers manage their stress ... but you don't know where to start.

Well, we've got fantastic news for you! As part of the Harvard-sponsored BCBS or HUGHP plan, you've got an exclusive all-access pass to a treasure trove of resources designed to supercharge your physical and mental wellbeing.

- With the MyBlue app ([App Store](#), [Google Play](#)), you can quickly access your ID card, find a physician, connect to doctors for telehealth appointments, and review claim, deductible, and account balance details.
- ahealthyme offers personalized health assessments and wellness plans to help manage stress, quit smoking, improve nutrition, and more. To get started, log in to [MyBlue](#) and click "ahealthyme" under "My Care." And for even more motivation, join the ahealthyme 2024 Balanced Diet Challenge from January 29–February 25 (registration opens January 15; click on "Wellness Challenges").
- [Blue365](#) provides discounts on apparel and footwear, sports equipment, and personal care items from brand names like Skechers, Kate Spade, Fitbit, LensCrafters, Spikeball, and others.
- [Learn to Live](#) gives you 24/7 access to online mental health programs and coaching based on the proven principles of cognitive behavioral therapy. Their confidential programs can help you build resilience, reduce social anxiety, and address other mental health concerns, all at no cost to you. [Access their programs](#) using code HUWellbeing.
- [Brightline](#) works with you to find the right mental health support for your kids and teens, whether it involves virtual therapy, psychiatry, or coaching. Contact them now to get an appointment within a few days.

Congratulations! Deciding to make some lifestyle changes is a big first step. Let us help you follow through and make big strides on your wellbeing journey.



Looking for the 2024 Wellbeing calendar? We were blown away by the positive response to our 2023 calendar—and are hard at work on the next edition! Look for the next Wellbeing calendar—covering 16 months, from September 2024 through December 2025—in your mailbox this August.

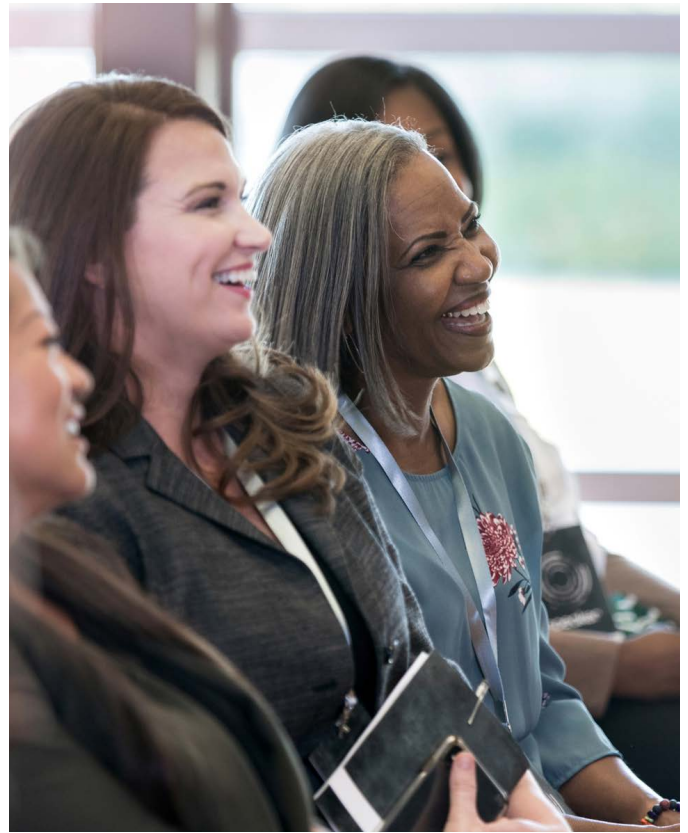
Employee Resource Groups: Stronger Together

[Harvard's Employee Resource Groups](#) (ERGs) bring people together based on their shared identity and experiences. These staff-led, volunteer-run ERGs offer spaces for Harvard staff and faculty to find community, support each other professionally, and promote a sense of belonging and inclusion across our campus. In addition, members of Harvard's ERGs may join the [ERG Talent Community](#) to stay informed about [open opportunities](#) and career-related events across our community.

To learn more about each of Harvard's ERGs, visit them online:

- [Association of Black Faculty, Administrators and Fellows](#) (ABFAF)
- [Association of Harvard Latinx Faculty and Staff](#) (AHLFS)
- [Committee on the Concerns of Women at Harvard](#) (CCW)
- [Harvard Asian Pacific Islander Desi Association of Faculty and Staff](#) (HAPIDA)
- [LGBTQ+ Staff and Faculty Employee Resource Group](#) (QERG)

Membership in the ERGs is open to all Harvard employees. Join their mailing lists to be notified of group activities and upcoming events.



MIND AND BODY

“Let’s think the unthinkable, let’s do the undoable. Let us prepare to grapple with the ineffable itself and see if we may not eff it after all.” – Douglas Adams,* [Dirk Gently’s Holistic Detective Agency](#)

- Want to break a bad habit and maybe start some good ones? Check out the Learn to Live [Habit Change webinar](#). Use Access Code: HUWellbeing when registering.
- Drop by [Plaza WinterFest](#) for some outdoor fun: cornhole, ice bowling, curling—and free hot drinks! WinterFest kicks off Thursday, January 25, at the Science Center Plaza and continues Wednesdays through Saturdays until March 7.
- Change your mind—for the better! Learn how to stop ANTs (Automatic Negative Thoughts) from creating unnecessary worry and stress at a [lunchtime webinar](#) on January 23. Use Access Code: HUWellbeing when registering.

LEARNING AND GROWTH

“Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so.” – Douglas Adams,* [Last Chance to See](#)

- Zhuzh up your CV with a virtual 15-minute, one-on-one resume review with Harvard's Talent Acquisition staff. Learn more, prepare, and register for this popular [Career Connections event](#) from the Center for Workplace Development (CWD).
- Advance your career with CWD courses like [Identifying Career Mentors](#) on January 23 and the brand-new [Career Check Up: Assess and Plan for the Future](#) on February 7. Register today to secure your spot (HarvardKey required).
- 2024 will be the Year of the Dragon! Prepare for a year of power and prosperity and invest in your professional development with [courses](#) on communication, navigating your career, management, productivity, and more, offered by CWD.

LIVING AND WORKING

“Time is an illusion. Lunchtime doubly so.” – Douglas Adams,* [The Hitchhiker’s Guide to the Galaxy](#)

- Dive into tranquility anywhere, anytime with [KGA’s MindTide](#) app — the ultimate self-help app that provides personalized support for stress and anxiety.
- Looking for new, healthy eating suggestions for the new year? Schedule a free 30-minute consultation with a [registered dietitian](#) through Harvard’s employee assistance program.
- Mindful Movement is back on Mondays and Fridays! Find the registration links and a list of all the winter/spring webinars in the Office of Work/Life’s [program calendar](#) (HarvardKey required).

FINANCE AND SECURITY

“To give real service, you must add something which cannot be bought or measured with money, and that is sincerity and integrity.” – Douglas Adams*

- Review the value of your personal total rewards package, including pay, health insurance, and retirement benefits, at [My Harvard Total Rewards](#) (HarvardKey required).
- Don’t forget to request your reimbursements for 2023 fitness center and weight loss expenses! As a Harvard medical plan member, you are eligible to be reimbursed up to \$150 for your gym membership and qualifying weight loss program (that’s right—\$300 total!). Visit the [Fitness & Wellness](#) page for more information.
- If you’ve incurred a lot of medical expenses this year, you could be reimbursed through [Harvard’s Reimbursement Program for faculty and non-union staff and Copayment Reimbursement Program](#) for union staff. Submit your claims before April 1, 2024.

*Douglas Adams (1952-2001) was an author and environmental activist, best known for his five-part Hitchhiker’s Guide to the Galaxy “trilogy,” his Dirk Gently novels, and his work documenting endangered species in the multimedia project Last Chance to See. He wrote, in a posthumously published collection of writing, “I’d take the awe of understanding over the awe of ignorance any day.”

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