GET A BIG PICTURE VIEW OF YOUR TOTAL REWARDS

Your total compensation from Harvard includes much more than your pay. As an employee, you receive many other valuable benefits, including medical and dental coverage, retirement contributions, and more. Historically, determining the total dollar value of each required you to go to several places—the Retirement Center, Peoplesoft, and vendor websites. Not anymore.

Harvard is pleased to introduce **My Harvard Total Rewards** (HarvardKey required), your one-stop resource for a comprehensive and personalized view of your benefits. Using this tool, you can get a big-picture view of the total aggregated value of your employment, including your pay, benefits, and more. On this site, you’ll find:

- Compensation information: salary, bonuses (if applicable), summer salary, and other forms of pay
- Medical and dental coverage, including both your contributions and Harvard’s
- Insurance benefits, including life and disability plans
- Retirement contributions and account balances—both your own and those that Harvard makes on your behalf
- Childcare scholarships and/or adoption grants, plus information on Work/Life programs like flexwork and back-up care programs
- Information on making the most of perks and programs like TAP, CWD, Outings & Innings, and more

Find out what you’ve been missing (and see the true value of all that Harvard offers) by visiting [hr.harvard.edu](http://hr.harvard.edu) and clicking on **My Harvard Total Rewards** at the bottom of the page.

MAKING A HABIT OF HEALTHY EATING

Many people resolve to eat healthier but don’t know where to start. Whether you’re looking to drop a few pounds or simply feel better, you can find accurate, science-based information from Chan School of Public Health’s [The Nutrition Source](http://nutritionsource.org) and its [Ask the Expert column](http://nutritionsource.org/ask-the-expert), or Harvard Medical School’s [Healthy Eating: A guide to the new nutrition](http://emedicine.medscape.com/article/859060-overview) (25% off using the code HARVARD25).

Then, turn your new knowledge into action with these resources:

- Register for a [class on mindful eating](http://hr.harvard.edu) (HarvardKey required)
- Visit [Harvard University Health Service’s Nutrition center](http://hr.harvard.edu) for personalized advice (for HUGHP members only)
- Make a plan you can follow and [adopt other healthy weight-loss behaviors](http://hr.harvard.edu)
- Get discounted meal kits and more at [Blue 365 nutrition deals](http://hr.harvard.edu)

Remember that healthy eating is a lifelong goal and you can’t expect to change overnight. Instead, work on [taking steps throughout the year to get—and stay—on track](http://hr.harvard.edu).
LIVING AND WORKING
The Office of Work/Life works to support a better, more tranquil you—both inside and out.

• If you earn less than $75,000 per year and need backup child or elder care when regular care is unavailable, Harvard can help you defray those costs through the SOURCE. No sign up is required, but you must submit receipts for reimbursement.

• A third of US adults report getting less than the recommended amount of sleep, which has been linked to many chronic health conditions. Learn how to get a better night’s rest in next month’s webinar Fixing Our Broken Sleep.

• Interested in exploring mindfulness and getting tools to take the next steps? Register for a 10% Happier course (app and multiple in-person sessions) to help you build a meditation practice.

LEARNING AND GROWTH
Making the world a better place starts with each of us. Find out what you can do to contribute by registering for one of these innovative offerings.

• DIB stands for Diversity, Inclusion and Belonging. Does your office practice all three? Explore all aspects of DIB in a LinkedIn Learning (HarvardKey required).

• Interested in creating a more inclusive environment in your workplace? Sign up for an interactive, half-day Innovation and Engagement for Employees class (HarvardKey required).

• Researchers at the Graduate School of Education have been collecting data to understand how to improve teaching and learning. Find out how to make use of their findings in the self-paced Introduction to Data Wise HarvardX course.

FINANCES AND SECURITY
Review your financial position, and make sure you’re taking advantage of all your available benefits.

• Starting April 1, Edenred will be providing Harvard’s transit benefits—MBTA pass program, pre-tax parking reimbursement, and emergency rides home. Learn about the transition and what actions you’ll need to take.

• Whether you’re close to retirement or planning for the future, you can gain a better understanding of the ins and outs of Social Security in an on-demand webinar from TIAA.

• Refresh your knowledge of all your Harvard benefits by watching our lively, short overview videos created for new employees, available on YouTube.

To explore additional Harvard employee events, view the full calendar on HARVie.