

The Resource

Well-being resources, family care benefits, learning & development opportunities, employee recognition, perks and more to help you thrive personally and professionally.

thrive



Plan for your financial future



Schedule a one-on-one consultation

Discover the benefits of discussing your personal financial needs with our team of WashU/TIAA-certified financial consultants. [Schedule your one-on-one consultation today.](#)

What's your money personality?

Enrich is WashU's new financial well-being platform that offers interactive finance courses, hundreds of articles, videos and tools, as well as the option to work one-on-one with a financial coach. [Get started by taking the money personality assessment.](#)



Dependent tuition applications for winter/spring terms

Dependent Child Tuition Assistance application requests for the winter and spring terms are being accepted by Bright Horizons EdAssist Solutions, WashU's third-party administrator for the program.

Your request can be made by logging in to EdAssist no sooner than 120 days before the course start date and no later than 2 weeks after the term start date. [View the Dependent Child Tuition Assistance webpage for more information.](#)

College Search & Financial Aid 101 webinar

October 23, 2023, from 12 - 1 p.m.

WashU's Admissions & Aid team is available to help employees navigate the college admissions and financial assistance



process, both nationally and for students applying to WashU.

[View webinar details and register online.](#)



Financial literacy series

WashU recognizes the importance of providing employees with essential financial knowledge to ensure a stable future. [In this month's post, we outline resources to prepare employees for retirement.](#) Check back each month for a new and timely topic.

Transitioning to Retirement

Nov. 6, 2023, 4:30-6 p.m. in Brown Lounge

Join John Russell, Ph.D., and the Society of Professors Emeriti for a peer-to-peer discussion on retirement. Learn about healthcare, finances, emeritus status, and the retirement timeline. [View event details and register online.](#)



Thrive tip: Visit the [Harvey A. Friedman Center for Aging website](#) for additional resources, events, and programs.

Engage with and recognize your colleagues



A new way to recognize our colleagues

At WashU, we're committed to enhancing the well-being of our employees by recognizing their hard work and dedication. That's why we're excited to introduce our new digital employee recognition platform in partnership with Awardco. This modernized approach allows us to acknowledge our colleagues' efforts in a more convenient and meaningful way. With the Awardco platform, a simple 'kudos' or 'great job' can now be shared instantly with those who deserve recognition, fostering a more positive, motivating, and productive workplace for all. [Experience the potential of modern employee recognition and stay turned for featured WashU Kudos.](#)

In St. Louis, for St. Louis

United Way campaign, Oct. 2 - Nov. 17, 2023

Giving is central to WashU's commitment to serve truth, develop leaders, and contribute to the greater good of our community and beyond.



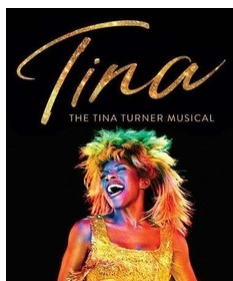
The WashU community is invited to share their time and talents to support our partner organizations from the United Way during this campaign. Join an on-campus event to assemble kits of reading materials or dental hygiene products.

- **Danforth Campus** | [Register to attend](#)
Tuesday, October 24, from 11 a.m. to 1 p.m. at Umrath Lounge

- **School of Medicine Campus** | [Register to attend](#)

Thursday, October 26, from 11 a.m. to 1 p.m. at Eric P. Newman Education Center

[Support the 2023 United Way campaign](#) | Together, we can drive transformation in St. Louis and make a difference for the place we proudly call home.



WashU Night at the Fabulous Fox Theatre

Tina - The Tina Turner Musical on Sunday, Nov. 26

Join colleagues for a special group event featuring discounted tickets to the touring Broadway production of TINA - The Tina Turner Musical. [Purchase tickets and check out additional upcoming shows that offer WashU discounts.](#)

WashU discounts at The Sheldon

The Sheldon Concert Hall is offering discounted tickets to WashU employees for select performances during the 2023-2024 season.

[View the schedule and buy your tickets today.](#)



Thrive tip: Find more WashU Signature Events by visiting the [Culture & Community hub](#).

Take care with WashU's mind-body programming

Resources for employees affected by Israeli-Palestinian conflict

WashU offers [resources to provide support](#) for employees and their eligible family members affected by the ongoing conflict.

MyWay to Health

Based on solid scientific evidence, expert opinion, and 25+ years of research, MyWay to Health offers practical advice, tips, and guidance to empower your well-being. Explore these resources:



- **Wellness Workshop | Fresh Fall Finds - A guide to seasonal produce**

Wednesday, October 25, from 12-1 p.m.

Learn how to make the most of fall seasonal produce, explore the health benefits of fruits and vegetables currently in season, and share recipes perfect for potlucks, holiday gatherings, and meals at home. [Register to attend in person or via Zoom.](#)

- **MyWay to a Healthy Weight**

This free year-long weight management program is an individualized behavior-based program to enhance a personal desire for achieving healthy eating and physical activity goals, while promoting self-esteem and positive body image, and features weekly support from a dedicated Registered Dietitian. [View program details and sign up to attend an orientation session.](#)

WALKTOBER™ Fall well-being challenge, Walktober
6-week challenge: Oct. 9 - Nov. 19

Our fall well-being challenge is in full swing! **Walktober** participants, [register now and](#)

[remember to log](#) your activities and explore creative ways to incorporate movement into your daily routines.

Whether you're participating in the challenge or not, you're invited to explore the [Fall into Fitness article](#), which is packed with valuable information to help you on your journey to better health and well-being.

Last chance for annual on-site health screenings

Earn a \$50 Visa gift card by completing your annual health screening. **Attend one of the two final on-campus events: Nov. 3 at EPNEC and Nov. 16 at the DUC.** [Schedule your appointment now!](#)

Support your family with WashU benefits



Bright Horizons

Emergency/Backup Family Care

Bright Horizons Backup Care now has a faster and easier reservation system for emergency backup care. Reach out to Bright Horizons at 877-242-2737 for any questions, and visit our [family care hub](#) to learn more about this benefit.

Explore St. Louis Independent Schools

Discover the diverse range of independent schools in the Greater St. Louis area, catering to Pre-K through High school students. If you're considering an independent school for your child, now is the time to start planning. Visit [Independent Schools of St. Louis](#) to:



- Explore 47 member schools and find the perfect match for your child and family.
- Learn about the admissions process, including important timelines and deadlines, some of which vary by school. Many schools host fall Open Houses and tours, so check dates and availability soon.

Thrive tip: Contact Lisa Eberle-Mayse, the Child and Family Care Facilitator at WashU, for questions about independent schools and family care resources in St. Louis at familycare@wustl.edu or 314-935-3060.

Ongoing learning & development opportunities

Commit to growing your skills with the Office of Institutional Equity (OIE)

The Education and Engagement team is pleased to offer the **Engage EDI Program** which provides opportunities for connection, engagement, and growth. Join us in bridging the gaps and building stronger teams:



- [The Commit Series](#) | A seven-class series focusing on individual skills that build the ability to engage in equity and inclusion work in a lasting way.

- [Overview for Managers](#) | Learn how the Engage EDI program can support departmental goals.
- [Age Inclusivity](#) | Foster a diverse, age-inclusive workplace where every generation thrives.

View the [EDI event calendar](#) and join the Office of Institutional Equity at upcoming events:

- **Filipino American History Month | Migrant Women Rise screening**
Oct. 21, 2023, Hillman Hall on Danforth Campus. [View details and register here.](#)
- **National Disability Employment Awareness Month | Advancing Disability Inclusion**
Oct. 27, 2023, Farrell Learning and Teaching Center (FLTC) on the School of Medicine Campus. [View details and register here.](#)

Employee Spotlight | Trish Gomez

Trish Gomez, associate director, education and engagement in the Office of Institutional Equity, was selected as a 2023 Champion for Diversity & Inclusion by the St. Louis Business Journal. This award celebrates individuals who have shown exceptional commitment to promoting practices that advance diversity and inclusion in the workplace and in the community.



[Read more about Trish's work and impact.](#)

“Trish proactively looks for ways to collaborate with departments on programming and find ways to incorporate DEI, advocating for supplier diversity, and working with WashU’s Office of Military and Veterans Services. Her passion for collaborating and supporting departmental programming shows her commitment to advancing DEI efforts and creating safe communities across the university”

- Excerpt from nomination form



Institute for Leadership Excellence

We are excited to announce the selection of participants for the 2023 Coaching Program, as well as the fall cohorts of the Emerging Leaders Program and the Leadership Excellence and Development Program. [Details for each program are available online.](#)

Stay up to date with these announcements & reminders

Benefits open enrollment process begins Nov. 1

The annual open enrollment process to change or re-enroll for your 2024 benefits will be available in Workday November 1-17, 2023. This is the only time you can update certain benefits, with the



exception of certain [qualifying life events](#). Benefits updates, tutorials and step-by-step instructions will be available next week.

Reminder of 2023 Flu Vaccination Expectations

To keep our campus safe for everyone, **School of Medicine employees who work on campus or in a hybrid position at any WUSM location, including faculty, staff, trainees, and select employees on the Danforth Campus (WUPD, Habif Health and Wellness), must receive this year's influenza vaccination by 5 p.m. on Nov. 27, 2023**, unless an employee has been granted an exemption for medical reasons or religious beliefs. [Schedule an appointment at a WUSM flu clinic online.](#)



Danforth Campus employees are strongly encouraged to receive the flu vaccine. [On-campus flu clinics are available.](#) Information on obtaining a vaccine is available at flu.wustl.edu, including campus clinics, policy information, exemption forms, and FAQs.



COVID-19 booster vaccine update

WashU's Occupational Health has updated COVID-19 booster vaccines available. Employees who receive their flu shot at an [Occupational Health clinic](#) will have the option to receive a COVID booster at the same time. Otherwise, Occupational Health will hold COVID booster clinics in November at their School of Medicine Campus clinic, located in the Center for Advanced Medicine (CAM), suite 5A.

Thrive tip: The US government is offering [free COVID-19 tests](#) to households via USPS.

Helpful Employee Quick Links

HR is here to support you. View quick links to employee resources:

- [Well-Being hub](#)
- [Mind/Body wellness resources](#)
- [Work-Life & Family Care hub](#)
- [Financial Well-Being](#)
- [Work-Life Solutions \(EAP\)](#)
- Workday@WashU
- [Culture & Community hub](#)

More resources are available at hr.wustl.edu.

[Manage](#) your preferences

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#)

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.