



**COLORADO
COLLEGE**

Office of Human Resources

☎ (719) 389-6421

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14 E. Cache La Poudre St.
Colorado Springs, CO 80903

Colorado College Employee Wellness – June 2022 Newsletter

June is National Men's Health Month!

This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease.

City-Wide Bike to Workday on June 22, 2022 - E-Bike Giveaway!

BIKE TO WORK DAY
WEDNESDAY, JUNE 22, 2022

*Join us for a
City-wide bike to
work day!*

**Grab-n-Go Breakfast Burritos,
and an E-Bike Giveaway for
CC Employees!
6/22/2022 6am - 9am
Tented area on Worner Quad
facing N Cascade Ave.**

On Wednesday, June 22, 2022, from 6am - 9am, Colorado College is partnering with the City of Colorado Springs for a city-wide bike to work day. Join us at the tented area on Worner Quad facing N Cascade Ave for free grab-n-go breakfast burritos, and a chance to win a 700-series E-Bike from Ride1UP: <https://ride1up.com/product/700-series>. To enter, stop by with your bike and scan the QR code at our table to submit your info and digitally enter the giveaway! Bike to Work Day encourages bicycling for personal and community health, alternative transportation, recreation and sustainability.

Many local businesses have signed up to provide breakfast stations along the trail network and city streets as well. These locations are designed to support how people ride their bikes to work while highlighting local businesses that support bicycling in the community. Breakfast stations are first-come, first-served. A map of participating locations can be found at: <https://coloradosprings.gov/biketowork>. The City's website also contains information about how to enter the City's own E-Bike giveaway giving you two chances to win!

To celebrate the ride home on Bike to Work Day participants are invited to the Music at the Indy free concert and Farmers Market Series, 6-8 p.m., June 22 at 235 South Nevada Ave, in downtown Colorado Springs. Enjoy musical performances by local artists Joe Johnson and Grant Sabin, past winners of the Indy's Best of the Springs for music. Food trucks, arts and crafts vendors will be on hand, along with free beer, wine and whiskey tastings.



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Cigna - VitaMin Central

This month the Cigna Life ConnectedSM approach addresses your annual check-up.

Your annual check-up is your chance to be proactive about your health. It just takes a bit of prep. Whether you're in great health or working on it, your annual check-up is one of the most important appointments of the year.

This is your scheduled, one-on-one time with your health care provider to discuss any concerns, get preventive care and screenings, and set health goals for the year. Preparation is key to make sure you get the most out of your time.

Here are five ways you can prepare like a pro.

1. Gather your medical history.
Jot down ahead of time any personal and family health issues such as cancers or diseases as well as age and date of diagnosis.
2. Carry a medication list.
Bring a list of the medications and dosages you currently take. This includes vitamins, herbs, and other supplements.
3. Bring your notes.
Don't rely on memory alone. Write down any questions you have beforehand. Recording key information such as diet changes, sleep habits or other health concerns can be helpful.
4. Invite a buddy.
If permitted, ask a friend or family member to support you at your appointment if needed. Sometimes having an extra set of eyes and ears can help clarify and reinforce any next steps.
5. Ask about tests.
Ask about scheduling preventive screenings such as colon cancer screenings or mammograms.

Finally, after your appointment, make sure to schedule your next one. Aim to go around the same time of year. Put the appointment in your calendar and then set a reminder.

Employee Assistance Program (EAP)

EAP is a benefit the college provides to all benefits-eligible employees.

Access your ComPsych[®] GuidanceResources[®] program anytime, anywhere! With ComPsych[®] GuidanceResources[®] Online you can:

- Access thousands of tools and resources
- Connect to an array of live and digital care options 24/7
- Discover featured resources and alerts on timely topics and emerging issues
- Engage with on-demand trainings, interactive assessments, tutorials, and more!



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You can access information online, including a variety of webinars at www.guidanceresources.com (web ID is CM589) or phone them at 800-272-7255 to discuss individual issues.

Gallagher June Wellbeing Newsletters

Patient Empowerment is an effective tool for managing your personal health record and becoming an active participant in your healthcare.

Attached are flyers on how to Manage Your Personal Health Record, Tips for Choosing a Health Care Provider and Must-Haves for Home Safety

TIAA June Webinars

Newly added special webinar - Market Volatility & Retirement

This is a recently added webinar to help participants navigate the current market situations. It will be presented by some of TIAA's top strategists.

"It's natural to worry about your retirement funds during turbulent times, no matter where you are on the path to retirement. With high inflation, continued conflict in Ukraine, and ongoing market volatility, even the savviest investor can get concerned. The good news is your TIAA retirement plan was built knowing times like these happen."

Thursday, June 16 at 12 p.m. MT

<https://event.on24.com/wcc/r/3805644/0C965CCD38A6DCC48984BF469D2A2DC5>

Below is the itinerary of all currently scheduled webinars. You may access these webinars at TIAA.org/webinars.

Recordings are available for replay on demand for 90 days following the live webinar date.

Topic	Date	Time
Attention to Detail: Financial finishing touches for women	June 14	10 a.m. MT
Demonstrating the value of responsible investing	June 14	1 p.m. MT
At Your Fingertips: Manage your money from wherever you are	June 15	1 p.m. MT
Help protect you, your family, and your money	June 16	10 a.m. MT
Market volatility & retirement ☆ <i>Newly added</i> ☆	June 16	12 p.m. MT
Tomorrow in focus: Saving for your ideal retirement	June 16	2 p.m. MT

May you have a safe and healthy June!

-Colorado College