



HR Intercom

May 2008

University of Rochester
Office of Human Resources

The purpose of HR Intercom is to reinforce Human Resources' partnership with all University departments by keeping the University community informed of HR policies, programs, issues, and points of interest.

Health Care/Technology Youth Apprenticeship Program

The Office of Human Resources-Multicultural Affairs and Inclusion, in collaboration with the UR School of Medicine and Dentistry's Science and Technology Entry Program (STEP) and the Rochester City School District, is seeking areas in which to place bright, motivated, hardworking high school juniors and seniors for this apprenticeship program. Click www.rochester.edu/working/hr/hri/youthapprentprog.pdf to read more about this mutually beneficial opportunity.

Paying Democrat and Chronicle Bills



Effective 5/2/08, departments that place employment ads in the *Democrat & Chronicle* will need to begin using the new Purchase Order # for billing—UK5204-08. See the [Employment User's Guide](#) on the HR website for more information about advertising with the *D&C*.

Website Developed for The Children's School at URM

KinderCare at URM, now known as The Children's School at URM, has developed a website for our facility that showcases program information, child care offerings, services and facilities. Also, a website calendar of events will soon be available. For additional information, follow the link:

www.childcareos.com/childcareos/InterestWaitList21/ChildCareProviderdetails.aspx?FLG=300&CID=4e5d5ef1-5d86-4c14-8e14-71778fe1368e

Benefit Highlights



Member Discounts and Incentives

Enrollment in a University Health Care Plan offers access to many of the member discounts and incentives offered by Aetna and Excellus. Details can be found on the Aetna member website at www.aetna.com and the Excellus member website at www.excellusbcb.com.

Tuition Reimbursement Reminder

To ensure tuition reimbursement, proof of tuition cost, proof of payment and proof of successful course completion need to be received by the Benefits Office no later than 90 days following course completion. For more information, please visit www.rochester.edu/working/benefits/tuition .



Health Awareness Events for May:

May 20th is National Employee Health and Fitness Day

On National Employee Health and Fitness Day, sponsored by the National Association for Health and Fitness (NAHF), employees are encouraged to take advantage of worksite wellness programs such as America on the Move. Visit www.physicalfitness.org for information.

Melanoma/Skin Cancer Detection and Prevention Month



During the month of May, the Academy of Dermatology sponsors Melanoma/Skin Cancer Detection and Prevention Month. Because early detection of skin cancer is so important, area physicians are offering free skin cancer screenings. For a list of participating local dermatologists, click on www.aad.org/SkinCancerScreening/LocationSearch.aspx .

National High Blood Pressure Education Month

Did you know that nearly 1 in 4 Americans are affected by high blood pressure? High blood pressure can increase your chances of kidney disease, heart attacks and strokes. To learn more, check out www.nhlbi.nih.gov/hbp/hbp/intro.htm .



National Mental Health Month

Mental Health Month is a 50-year tradition started by Mental Health America. This year's focus is on promoting connections between people and finding experts to assist you with your mental health. For more information on the importance of social connectedness, visit the website www.mentalhealthamerica.net/go/may/ .

Did You Know . . .

- ✓ Benefit forms such as the Health Care/Enrollment Change Form and Flexible Spending Accounts Reimbursement Claim Forms are available to download from the Benefits Program website at www.rochester.edu/working/benefits
- ✓ Placing certain plants around your home and office can be beneficial to your health. Plants purify the air, removing harmful chemicals and tobacco smoke. Find out more by clicking on the link: www.sixwise.com/newsletters/05/02/01/the_health_benefits_of_house_plants_including_the_top_nine_healthiest_plants.htm.

Contacting HR Intercom: HR Intercom is distributed through @Rochester on a ten-month basis, January through July and September through November. If you have comments or questions about HR Intercom, please contact: gina.radlo@rochester.edu .