

YOUR WCU BENEFITS

Faculty and staff members receive various benefits through their employment at WCU. Join us as we explore these benefits throughout this issue.



UNDERSTANDING YOUR \$3/MONTH HEALTH FEE

University Health Services offers convenient care service for WCU employees. Your \$3 monthly health fee allows us to provide care for common illnesses that might otherwise prevent you from feeling well that day. **Standard office visits are free, up to 3 times a calendar year.** There may be occasions that treatment requires more than a standard office visit, such as, lab tests or prescription medications. Should this occur, charges are assessed and payment is due at the time of service. Although we cannot file insurance claims, please ask for the documentation so you may submit a claim on your own. Please view the [University Health Services website](#) for additional services.

PERSONAL LIFE AND WORK BALANCE

In the recent Staff Senate Survey, half of the 30 write-in comments in the section about “fitness and recreation opportunities on campus” related to campus wellness. I met with the chair of the WHEE for Life committee (Kellie Angelo Monteith) and the Director of Campus Recreation and Wellness (Shauna Sage) for this response.
–Amy McKenzie, Staff Senator and WHEE for Life committee member.

The data is in — on how well WCU staff members “understand the fitness and recreation opportunities on campus”— 78% do, overall. We think it’s notable that each new group of hires understands the opportunities better than the group of hires before them. Perhaps the creation of the mandated employee wellness program (WHEE for Life) in 2009 assisted with the awareness of how many wellness opportunities are available to employees for free or a nominal fee.

Who can get a membership for the Campus Recreation Center?

- Students have access to the CRC through the student activity fee.
- Current full- or part-time WCU staff and faculty can join as members through payroll deduction (\$15/month) or per semester (\$60/semester) which is \$180/yr.
- Additional memberships include: WCU employees’ spouse, partner, dependents at least 17 years of age; WCU retirees; retirees spouse/partner; WCU alumni.

How is the CRC funded?

The debt service for the CRC is paid by students and is an additional fee/semester on top of their semester student activity fees. The CRC is given an annual operational budget and there are employee memberships and usage fees that make it possible to give away prizes and host a wide number of campus wide special events (for instance, the Cross Training Challenge).

CONTACT US!

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WELLNESS AT WCU FAQ

What wellness opportunities are free for employees?

Reid Pool open swim, Wellness Wednesdays lunchtime Group X classes, Catamount Disc Golf course, Golf practice field, WCU tennis courts, CRW Intramural Sports, walking paths on campus, soccer complex track, the new WCU hike and bike Trail, BCC Kayak Rolling Clinic, walking on the Ramsey Center Concourse, Ramsey Center Racquetball Courts, Cross-Training Challenge program, wellness resources through the state health plan, HR ComPsych program, HR Benefits and Classes, Hands-only CPR class, smoking cessation classes. Opportunities to win a free membership to the CRC during the Employee Appreciation Day and other special events throughout the year.

What are the busiest and slowest hours at the Rec Center?

Busiest: 5pm-7pm; Slowest: 8am-10am.

How much do other North Carolina universities charge employees for recreation center use?

- It depends on the institution. In addition, each center has other program costs on top of the membership fee. NC State \$240/yr; ECU \$264/yr; UNC Chapel Hill \$150.00 and 5 personal training sessions = \$150, compared to WCU 10 personal training sessions = \$100. Students have access to the CRC through the student activity fee.



Why isn't the CRC free of charge to employees?

The CRC is not free to students either. (See above.) For faculty/staff, using the CRC is an affordably priced option, like eating healthfully at the dining hall, attending a cultural event, or going to a football game.

The [WHEE for Life](#) team is committed to providing employees information related to any and all opportunities through our monthly emails and our website.

For further information, please contact:

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Amy McKenzie (x3852, amckenzie@wcu.edu)

DID YOU KNOW?

- The Staff Senate maintains a [list of discounts](#) at local businesses that are available to staff members.
- Every Friday during the 2013-2014 academic year, faculty and staff eat for \$5 in the Courtyard Dining Hall (upstairs in the Courtyard building).
- There are several events on campus that are offered at a reduced cost or free to staff members. Check out these calendars for more information: [Intercultural Affairs](#), [Arts and Cultural Events \(ACE\)](#), [Bardo Arts Center](#)
- You can purchase software for personal computers [at a discount](#) at the University Bookstore. You can also [download](#) some software for free on personal computers, courtesy of WCU IT Services.
- The Office of Human Resources offers a number of [professional and personal development](#) workshops throughout the year.
- This year, the 2013 General Assembly awarded employees 40 hours of Special Leave. This must be used before June 30, 2014.
- Dr. Jayne Zanglein is serving as the [ombuds](#) for WCU. She can be reached at her office (extension 7191), on her cell phone (828.331.0866) and her office address is Forsyth 202.

If you have an article, announcement or suggestion relating to this newsletter, contact [Staff Senate](#) at staffsenate@wcu.edu to have it included.

SOUND OFF!

Last month we asked you about how you believe your job satisfaction could be improved... this is what you said!

5 responses: 3 money, 1 promotion responsibility, 1 promotion salary

This month, we are asking you about your health care plan! Do you think that the new changes to the state health care plan address your concerns about the health care costs? Sound off [here!](#)