Fast Facts for Facilities Management Employees August 2015

Photo by Dan Addison/U.Va. University Communications

FM Diversity Committee Employee Engagement Program

The Facilities Management Diversity Committee recently launched its Employee Engagement Program. This program supports the committee’s goals to create an engaging environment that celebrates employees, improve supervisor-employee relationships and provide employee support.

The representatives will serve as liaisons between employees and the Diversity Committee and work to keep employees in their assigned areas aware of ongoing programs and opportunities.

The committee plans to expand the number of representatives in the future (and will post an updated list on its website) and also encourages feedback from staff about ways to improve the program.

Employee Engagement Representatives

Contact the Employee Engagement Representative assigned to your work area

**FM Directors:** Cheryl Gomez.

**FP&C:** Caitlin Murtaugh and Brian Pinkston.

**HSPP:** Lester Jackson and Jamel Smith.

**Leake Building & Annex:** Elsa Sherrill.

**Operations:** Sathish Anabathula, June Bates, John Carey, Rich Hopkins, Stephanie Jimenez and Mike Merriam.

**Project Services:** Mark Stanis.

Take Charge of Your Career

Interested in improving your communication skills or becoming more efficient at work?

University Human Resources’ [Center for Leadership Excellence](#) provides a variety of career development options, from individual career planning, to leadership development, to organization development for managers and their teams.

Check out the [2015 class schedule](#) to sign up for fall classes like: *Time Management: Prioritizing Life & Work* (October 2, 9 a.m.–12 p.m.) or *Assertive Communication: How to Ask for What You Want* (October 30, 9 a.m.–12 p.m.).

To sign-up, visit the [CLE website](#) or contact your supervisor for assistance.

Town Hall Meeting set for Aug. 19

Submit your questions by:

**Monday, August 10**

Facilities Management’s annual Town Hall Meeting is set for 1–2:30 p.m. Wednesday, August 19 in the Chemistry Building, Room 402.

Associate Vice President and Chief Facilities Officer Don Sundgren will provide an overview of FM Operations and will address questions from employees.

Submit questions by *Monday, August 10* to:

- Drop off boxes in Alderman Road Lunch Room and HSPP Conference Room G032 across from the Service Desk in the West Complex.
- Email to [FM-Comments@virginia.edu](mailto:FM-Comments@virginia.edu)
There are important changes to the way you can earn your Hoo’s Well rewards in your paycheck in 2016. To earn the full $40/month (totaling $480/year), the following steps must be completed by October 31:

- **Complete the Fall Fitness Challenge for $20 a month in 2016.** Instead of completing a biometric screening, employees need to complete a 52 workout fitness challenge from August 1-October 31, logging each workout online. To track the workouts, you must create an online account by September 1 at [www.myactivehealth.com/hooswell](http://www.myactivehealth.com/hooswell).

Each workout must be at least 30 minutes and you can only count one workout per calendar day. If you have a compatible fitness tracking device and exceed 5,000 steps in one day, you can receive credit for a workout. If you are unable to complete the challenge due to a medical condition, call Hoo’s Well by September 1 at 924-3068 or email hooswell@virginia.edu to discuss a reasonable alternative.

- **Complete the Active online annual health assessment for $20 a month in 2016.** This online assessment has been required in past years. Visit [www.myactivehealth.com/hooswell](http://www.myactivehealth.com/hooswell) to complete the questionnaire. Not into computers? Call Active Health at 855-231-3715 and take your assessment over the phone.

All rewards earned by those enrolled in Choice Health or Value Health plans are considered taxable income and are deposited into the subscriber's paycheck. When rewards are earned by those enrolled in Basic Health, they are non-taxable and are deposited into the subscriber’s Health Savings Account.

If you have any questions, please contact University Human Resources at askhr@virginia.edu or 982-0123.

Important: Deadline to complete both items is October 31.

## Chronic Care Coaching

UVA-WorkMed is offering a new free program to help employees and their family members manage chronic health conditions such as hypertension, heart disease, diabetes, and morbid obesity with the goal of improving the person’s health and well-being.

UVA-WorkMed’s Chronic Care Coach Beth Frackleton will be coming with the UVA-WorkMed Nurse to the Alderman Road Lunchroom on the second Wednesday of each month from 2-3:30 p.m. starting Wednesday, September 9.

Beth Frackleton will present information about the new program to the FM safety committees on the following dates:

- **12 p.m. Sept. 2 (Building Services)**
- **12 p.m. Sept. 3 (Operations & Project Services)**
- **12 p.m. Sept. 30 (HSPP)**

For more information, contact Beth Frackleton at 243-8199 or e-mail edw2z@virginia.edu.

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