

SPECIAL  
POINTS OF  
INTEREST:

- Triangle Transit SmartCommute Challenge
- Flexible Spending Deadline
- BCBS Blue-Card Worldwide
- Manage your health benefits
- HR Challenge
- Comings/Goings
- Campus Closure

Meredith  
College  
Inclement  
Weather Line  
  
(919)  
832-8878

## Go Green! Take the



Join the thousands of Triangle commuters who do something good for the environment everyday by not driving alone to work! Participation is easy. Visit [www.SmartCommuteChallenge.org](http://www.SmartCommuteChallenge.org) today and take the 2009 SmartCommute Challenge to ride the bus, bike, walk, vanpool, carpool, work from home or, new this year, carpool in an alternate fuel or hybrid vehicle! Pledge to take a smarter, greener commute at least once before May 30th and you could win fabulous prizes, including a commuter bike or a laptop!

If you're already a SmartCommuter, go greener! Take the SmartCommute Team Challenge and encourage your friends and co-workers to try a smarter commute.

Greening your commute is one of the most significant actions you can take to reduce your carbon footprint. For each mile you use a smarter commute mode, you'll reduce your carbon footprint by about one pound. SmartCommuting just twice a week really makes a difference! Last year during the Challenge, more than 12,000 Triangle drivers who took the Challenge saved over 1.7 million pounds of CO<sub>2</sub>. That is the annual carbon footprint of 43 Americans, or about 4 softball teams! This year, our goal is to encourage even more Triangle commuters to take the Challenge, reducing over 2.2 million pounds of carbon between **April 15th and May 30th!**

Plus, a more environmentally-friendly commute reduces traffic on our busy streets, saves you the stress of driving, and can put more green into your pocket! To save you even more money, if you start or join a vanpool before May 30th, your **first month's vanpool fare will be free!** And, if you take the Challenge to ride the bus, you'll be sent an e-mail with a link to register for a **FREE one-day bus pass** good on any bus system in the Triangle! Please remember the UPASS System through CAT allows Meredith employee to ride the bus free with a Meredith ID.

For more information about how to start a smarter commute, or form a SmartCommute Team, visit:

**Take the SmartCommute Challenge on-line beginning April 15th at [www.SmartCommuteChallenge.org!](http://www.SmartCommuteChallenge.org)**



**April 30th, 2009 - Deadline to file your 2008 flexible spending account expenses. Please visit our website at <http://www.meredith.edu/humres/forms.htm> for Flex Reimbursement Claim Forms.**

## BENEFITS

Success is the sum of small efforts, repeated day in and day out.

-Robert Collier



Before anything else, preparation is the key to success.

-Alexander Graham Bell

HR UPDATE



## BCBS BlueCard® Worldwide—When Traveling Outside of the U.S.

BlueCard Worldwide® provides Blue Cross and Blue Shield members with access to a network of traditional inpatient, outpatient and professional health-care providers around the world. The program includes a range of medical assistance and claim support services for members traveling or living in countries outside their Home Plan service area.

No time limit on travel abroad. Subscribers and eligible dependents are covered overseas as long as they have an active plan with the blues.

Visit the link below to find to access the National Doctor and Hospital Finder.

<http://www.bcbs.com/healthtravel/finder.html>

## Learn How To Manage Your Health Benefits

Want to be able to keep track of your health insurance claims and out-of-pocket costs? **Register online by going to: <https://www.bcbsnc.com/>.** This address will take you to the BCBS-NC home page. It doesn't matter if you are on our standard plan, our buy-up plan or our new health savings account (HSA/HDHP). From their home page, **click Register for my member services.**

Registration is very simple. Use your BCBS insurance card to fill in the subscriber letters (YPPW for everyone at Meredith); then the 8 digit number in the next box. The "member" number is the 2 digit number before your name on your insurance card (most of us will have "01" before our names).

**Anyone who has misplaced their card can request the subscriber number through HR. Requesting a new card is one of the popular online options.**

Once you register, you will have access to a variety of tools and services to help you better manage your health and maximize your benefits such as:

**How to manage your account**

**Request a new insurance card**

**Change your contact information**

**Download claim forms**

**Enroll in a program to help you get started on your plan for better health**

**Earn prizes for your healthy activities**

**Find, compare and rate doctors**

**Learn how to save on health care costs**

**Find drug information**

**View your claims**

Anyone on our HSA/HDHP can click on **Manage my HSA** (listed under **My Account**) and be connected with their Mellon HSA site.





*"Choose a job you love, and you will never  
have to  
work a day in your life."  
- Confucius*

Questions or comments?  
Please feel free to contact us at ext. 8898,  
via e-mail or visit us at 119 Park  
Pamela Davis-Director: [davisbam@meredith.edu](mailto:davisbam@meredith.edu)  
Alana Etter-Assistant Director: [ettera@meredith.edu](mailto:ettera@meredith.edu)  
Maripat Plocki-Benefits: [plockim@meredith.edu](mailto:plockim@meredith.edu)  
Kay Miller-Payroll: [millerk@meredith.edu](mailto:millerk@meredith.edu)  
Susan Hyslip-Administrative Assistant: [hyslipsu@meredith.edu](mailto:hyslipsu@meredith.edu)



*We welcome the following staff:*

- *Jennifer Walker: Assistant Director, Counseling Center*
- *James Parker: HVAC Tech III, Facilities Services*
- *David Frankel: Director of Food Services/Aramark*

*We bid farewell to the following staff:*

- *Aline Washington: Phonathon Coordinator/The Meredith Fund*



**April 10th**  
The campus will be closed for  
Good Friday.