

HR Reflections

BCBSNC: Traveling Outside the U.S.

As a Blue Cross & Blue Shield member, you are entitled to the benefits of the BCBS worldwide access plan. We no longer have a time limit as to how long we can spend outside of the country and still receive the medical attention and benefits provided by BCBS. When traveling outside the U.S.:

- 1) Be sure you always carry your BCBS identification card;
- 2) Check with BCBS before leaving the U.S. to confirm your benefits are the same;
- 3) If you need emergency medical care, go to the nearest hospital. Call the BlueCard Worldwide Service Center at 800-810-2583 if you are admitted. If you need non-emergency inpatient medical care, you must call the BlueCard Worldwide Service Center, who will facilitate hospitalization at a BlueCard Worldwide hospital or make an appointment with a doctor. Call to obtain cash-less access (except for the usual co-pay/coinsurance/deductible);
- 4) Call your local BCBS office for pre-certification, if necessary;
- 5) Remember, policy exclusions remain the same whether you are in the U.S. or not (see pages 30-32 of your Member Guide Blue Book, available online at www.bcbsnc.com).

View the information pamphlet: [The BlueCard Program](#).

UPASS to a Greener Commute!

Meredith College is a participant in the [UPASS program](#), sponsored by the Capital Area Transit (CAT). This program is designed to help you find alternative transportation to and from work and around town. Are you sick of being in bumper to bumper traffic? Take the bus!! Be Green! And it's for FREE! Just by showing your CamCard, you can ride the CAT bus fare-free. You'll spend less money on gasoline and meet some new friends, all while sitting back and letting someone else drive for a change! [Try it out!](#)

September 2008



[September is Cholesterol Education Month.](#)

[Click here for information!](#)

September Holiday

Monday, September 1, 2008 is Labor Day. The College will be closed. Enjoy the festivities and stay safe!

Labor Day originated in 1882 and was created as a "day off for the working man". Congress made Labor Day a federal holiday in 1894.

Today Labor Day is regarded as a day of rest and often viewed as the symbolic end of summer. So, fire up the barbecue and enjoy a lazy day!



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September 2008

Parental Leave Policy

Effective April 1, 2008, Meredith College adopted a Parental Leave Policy. This policy allows for eligible employees who meet the requirements of FMLA (Family and Medical Leave Act) to apply for supplemental leave benefits under one of the parental leave provisions. Be sure to read the entire policy to learn more about this benefit!

Click here to view the policy: [Parental Leave Policy](#)

America on the Move!

September is also [America on the Move](#) month. [Make September STEPtember!](#) Take the six week challenge to a healthier, more active lifestyle! Receive daily tips on nutrition and fitness, track your progress, and have the possibility of winning a prize! So, get a buddy, whether it be two legged or four, and go walking!



Emergency Preparedness

In the event of an emergency, an MC Alert and a campus alarm will be activated to warn you of impending danger. To receive an MC Alert through your phone or email, you must register on Web Advisor.

Visit www.meredith.edu/mcalert to sign up and obtain details on how this system works.



Stay Alert with MC Alert!!

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Comings and Goings

September 2008



To all new employees, welcome to Meredith College! Farewell and good luck in your endeavors to those that are leaving!

We welcome the following staff:

- * Robert Williams: Systems Engineer / Technology Services
- * Charisee Ford: Help Desk Analyst / Technology Services
- * Bruce Sloan: Security Officer / Campus Police
- * Stephen French: Security Officer / Campus Police
- * Cristan Trahey: Director of Admissions / Admissions
- * Jessica Melnick: Processing Assistant / Admissions
- * Kathryn Potts: Records Specialist / Registrar
- * Dilnavaz Sharma: Circulation Assistant / Library
- * Betsy Gwaltney: Faculty & Staff Fitness Instructor / Health, Exercise & Sport Science
- * Amanda Oliver: Assistant Director of Alumnae & Parent Relations / Institutional Advancement
- * Crystal Burwell: Disability Counselor / Counseling Center
- * Laura Fieselman: Sustainability Coordinator

We bid farewell to the following staff:

- * Shawndria McCoy: Administrative Assistant / HR
- * Beth Jarvis: Assistant Director of Alumnae & Parent Relations / Institutional Advancement
- * Mark Ridenour: Billing Coordinator / Accounting
- * Kendall Myers: Director / Infant & Toddler Day Care Center

Handy Contacts:

Wachovia @ work program : Account ID #010125
Account Manager, Jessica Creamer: 919-881-6176
Baptist Employees Credit Union: 919-467-5100 or
800-395-5102 x 5659
Coastal Federal Credit Union: 800-868-4262
www.coastalfcu.org

Working on Wellness @ work (WOW Program):
919-760-8846

Carroll Health Center: 919-760-8535

Fast Park and Relax @RDU: Code #0998502
www.fastparkandrelax.com

Questions or comments? Please feel free to contact us at ext. 8898 or via email.

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