The Smartest Thing You Can Do Right Now is Get Your Shot for the Flu

Normally, we wouldn’t start things off with a routine reminder about getting a flu shot. But, there’s nothing normal or routine about 2020. With COVID-19 cases again spreading rapidly, this fall and winter pose a significant double-punch public health threat, and health experts are urging everyone to get a flu shot. Really, what could be easier? It’s paramount to stay informed and be prepared to keep you and your family safe, especially with the holiday season quickly approaching. Take a moment to READ MORE from our own experts at the Health Science Center about age groups that should get the shot, when, where and how to get it safely, plus much more. We can all do our part to help each other. Stay safe. Stay Strong.

Stiff Much?: Seems Simplistic, But 5 Minutes at Your Desk Can Change Your Day

Whether you’re back working in the office or your home and office remain one-in-the-same, you know this is true: We’re working harder than ever and at the same it seems easier than ever to bulldoze through the day without taking a break to even take a deep breath. And that can stiffen the backs and necks of the most physically malleable among us. While you might not find the time to take a walk or join one of our GroupX online exercise classes (which are a great way to break up the day, by the way), it’s important to include a dash of daily self-care on your way to earning Employee of the Month. Try these quick stress-busters without even moving from your you-know-what: Desk stretches (5 minutes to feel revived 😍); Desk meditation (short yet transcendent 🧘‍♀️); and Desk destress (5 tips to a brighter day ☀️).

Health Science Center Wants You to Join its Research Projects -- And Get Paid

Faculty, staff and students, ages 21 to 79, are being asked to participate in two Health Science Center research projects: Low Back Pain Research Registry and Tell Us About Your Health. All participation will be virtual. Click here for details about the Low Back Pain Research Registry and to complete an online screening form to see if you qualify for the. Click here for details about the Tell Us About Your Health study and to complete an online screening form to see if you qualify. For more information or to ask questions about either research project, email orcstudyoperations@unthsc.edu.
COVID-19 Is Changing How Families Plan for the Holidays
Halloween is almost here and Thanksgiving is near. But, we all know this is unlike any other year. Unfortunately, COVID-19 remains an unwanted visitor. Cases are surging again, just as we'd like to be planning to join our family and friends. The truth, we know, is we all must still adjust to this public health threat that makes the gatherings we all so crave simply not a safe bet. So, how can we responsibly celebrate the season? READ MORE for great advice and ideas from our friends at the UNT Health Science Center that should give us all reason to be thankful for what we still can have. Health experts are reporting that small gatherings with family and friends are fueling the latest surge in coronavirus cases. Please make wise decisions. Follow the science.

Do You or Someone You Love Live with Diabetes? We've Got Valuable Benefits News You Can Use
November is Diabetes Awareness Month and whether you or someone you love is already dealing with the complexities of living with diabetes, or might be at risk of diabetes, it's important to stay informed and understand how your benefits package can work for you. For instance, did you know that of Sept. 1 the diabetic coverage changed for HealthSelect of Texas and HealthSelect Out-of-State participants that allows you to pay nothing for certain diabetic supplies? Learn how to get the OneTouch glucometer and OneTouch test strips at no cost. Please READ MORE about the signs and symptoms of diabetes, and the multiple ways that your benefits are working to make your life better.

FINANCIAL WELL-BEING
You Don't Have to Cope with the Burdens of Financial Stress Alone
Financial issues can take a serious toll on our stress levels. It's certainly ranks high in the category of what keeps us up at night. It's particularly true right now as all of us are trying to manage increasingly stressful times that, for many, includes the impact of added financial burden. You're not alone, and we can help. Please READ MORE to learn how you, as a UNT World employee, can seek free advice and take advantage of other benefits can really make a difference -- and lower your stress.

Upcoming well-being opportunities from In The Green.
Follow us on Twitter: @UNTWorld; Visit our website: wellbeing.untsystem.edu
Parenting in the 21st Century (webinar)
Oct. 28 (available through Nov. 30)
Mental Health Awareness
Oct. 28 at 9 a.m.
Managing Money & Credit to Create Savings
Nov. 3 at 11:30 a.m.
What is Real Appeal?
Nov. 4 at 10 a.m.
TexaSaver Videos
Fund Your Future, Nov. 4 at 11 a.m.
Enroll in TexaSaver to Save for Your Future, Nov. 4 at 11:30 a.m.
TexaSaver: Basic Investing Info, Nov. 4 at 11:50 a.m.
Put Your Debt on a Diet
Nov. 6 at noon
Talking to Your Kids About Internet Safety & Cyberbullying
Nov. 10 at 9 a.m.
Making Financial Gifts to Loved Ones and Charities
Nov. 10 at 11 a.m.
When Income Decreases ... But the Bills Don't
Nov. 10 at noon
Money at Work: Investing
Nov. 10 at 2 p.m.
For the full calendar of In the Green virtual events, click here.
Click our member institutions’ logos for the latest news

If you have an HR question or topic you’d like covered in the newsletter, please email HR@untsystem.edu.

Missed an issue of HR Highlights? CLICK HERE to catch up.

Be "In the Green" by participating in our UNT World Well-Being Program. Visit the In the Green portal to explore a wealth of resources. Well-being benefits include online fitness classes, meditation sessions and financial webinars. Explore articles about physical, interpersonal and financial wellness. Find helpful information about your UNT World benefits, including fitness and financial assessments. Check out app recommendations, nutritional advice, free counseling resources and much more.