Human Resources is excited to bring you the 2016 FITlife wellness event—designed to encourage health and financial well-being.

Informative workshops are provided by CSU on- and off-campus approved health and retirement vendors. The event is open to all employees and pre-registration through the online registration system is recommended.

Video and audio accommodations are available for off-campus employees.
Monday, March 28
Grey Rock Room

8:00 - 9:00 a.m.
Ways to Maintain a Healthy Blood Pressure
- Discover why high blood pressure is known as the silent killer
- Determine how blood pressure affects overall health
- Explore ways to maintain healthy blood pressure

Who should attend:
Faculty/Admin Pros and State Classified Employees

Presented by: Tiffany Lipsey, M.Ed.

9:30 - 10:30 a.m.
What Biometric Numbers Mean
- Learn about the importance of biometric screenings
- What do the test results mean?
- Set goals to work toward better health and achieve it naturally

Who should attend:
Faculty/Admin Pros and State Classified Employees

Presented by: Kate Pfeiffer, MNT

11:00 a.m. - 12:00 p.m.
Cool Tools with Anthem
- Connect with a live doctor 24/7 using the LiveHealth Online feature
- Understand your Explanation of Benefits (EOB) with the Show Me the Math tool
- Learn about how to earn rewards and the CSU wellness incentive

Who should attend:
Faculty/Admin Pros enrolled in an Anthem plan

Presented by: Michelle Evans & Dan Gibbons

12:30 - 1:30 p.m.
It’s a Matter of Heart - Ways to Reduce Your Risk for Heart Disease
- Learn why heart disease is the leading cause of death among Americans
- Discover tools to prevent the majority of risk factors for heart disease
- Obtain information about programs at CSU to help reduce the risk for heart disease

Who should attend:
Faculty/Admin Pros and State Classified Employees

Presented by: Tiffany Lipsey, M.Ed.

2:00 - 3:00 p.m.
Healthy Eating for the Whole Family
- Discover the secrets to healthy eating
- Increase your family’s willingness to eat healthy meals
- Gain skills to create a nutritious daily diet

Who should attend:
Faculty/Admin Pros and State Classified Employees

Presented by: Katie Maloney

3:30 - 4:30 p.m.
Designing Your Financial Roadmap
- Review high-level financial planning encompassing all phases of life
- Develop a strategy to implement your financial roadmap
- Resources for reaching your retirement goals

Who should attend:
Faculty/Admin Pros and State Classified Employees

Presented by: Sam Casad
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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Details</th>
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| 9:30 - 10:30 a.m. | **Shifting from Saving to Spending**                                                          | Transitioning from the accumulation phase to income planning  
|              |                                                                                             | Learn about financial concepts and strategies in retirement  
|              |                                                                                             | Presentation is best suited for employees within 3-5 years of retirement  
|              |                                                                                             | **Who should attend:** Faculty/Admin Pros and State Classified Employees  
|              |                                                                                             | Presented by: Sam Casad  
|              | **Main Ballroom (350B)**                                                                    | **Summary of PERA Benefits**                                                                |
| 11:00 a.m. - 12:30 p.m. |                                                                                             | Overview of current PERA benefits and summary of PERACare  
|              |                                                                                             | How PERA retirement benefits are calculated  
|              |                                                                                             | PERA retirement process and timeframes  
|              |                                                                                             | **Who should attend:** Employees who are PERA Members  
|              |                                                                                             | Presented by: Chris Kamp  
| 1:00 - 2:00 p.m. | **Social Security: What You Should Know**                                                    | Online tools for retirement scenarios  
|              |                                                                                             | Summary of the Windfall Elimination Provision (WEP)  
|              |                                                                                             | Overview of the Government Pension Offset (GPO)  
|              |                                                                                             | **Who should attend:** Faculty/Admin Pros and State Classified Employees  
|              |                                                                                             | Presented by: Josh Weller  
| 2:15 - 3:15 p.m. | **Understanding Medicare**                                                                  | Who is eligible, how to enroll, and how Medicare works with other insurance  
|              |                                                                                             | Understand the 4 parts of Medicare (Parts A, B, C and D)  
|              |                                                                                             | Medicare resource summary and where to get your questions answered  
|              |                                                                                             | **Who should attend:** Faculty/Admin Pros and State Classified Employees  
|              |                                                                                             | Presented by: Dennis Delpizzo
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<tbody>
<tr>
<td>8:00 - 9:00 a.m.</td>
<td>State Employee Wellness Program - CaféWell 101</td>
<td>Carrie Williams</td>
<td>State Classified Employees</td>
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<td>• Learn how you can earn up to $240 per year through the wellness incentive</td>
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<td>• Find out about fun and engaging programs</td>
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<td>• Learn how to use features of the CaféWell platform</td>
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<td>9:30 - 10:30 a.m.</td>
<td>Tomorrow in Focus: Saving for Your Ideal Retirement</td>
<td>Teresa Cobucci</td>
<td>Faculty/Admin Pros and State Classified Employees</td>
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<td>• Develop skills to create a timeline for retirement savings</td>
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<td>• Learn the essential features of retirement investments</td>
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<td>• Acquire confidence to create or modify your retirement plan</td>
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<td>11:00 a.m. - 12:00 p.m.</td>
<td>Fueling Your Machine</td>
<td>Katie Maloney</td>
<td>Faculty/Admin Pros and State Classified Employees</td>
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<td>• Create a nutritious daily diet to fuel physical activity, recreation, and exercise</td>
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<td>• Debunk myths related to a healthy diet</td>
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<td>• Develop a plan to create healthy meals with a busy schedule</td>
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<td>12:30 - 1:30 p.m.</td>
<td>Cash Management</td>
<td>Sasha Segalchick</td>
<td>Faculty/Admin Pros and State Classified Employees</td>
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<td>• Assess your existing spending habits and set financial goals</td>
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<td>• Create a written budget to manage excess spending</td>
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<td>• Tips for starting a savings plan</td>
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<td>2:00 - 3:00 p.m.</td>
<td>Paying Yourself: Income Options in Retirement</td>
<td>Teresa Cobucci</td>
<td>Faculty/Admin Pros and State Classified Employees</td>
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<td>• Learn the basic rules that govern the most common retirement accounts</td>
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<td>• Gain perspective on when to tap into different assets</td>
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<td>• Discover flexible income choices in retirement</td>
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<td>3:30 - 4:30 p.m.</td>
<td>Retirement for Millennials</td>
<td>Jeff Bauer</td>
<td>Faculty/Admin Pros and State Classified Employees</td>
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<td>• Address distinct challenges faced by the younger generation</td>
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<td>• Guidance and strategies for early planning to secure a financial future</td>
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Your Health & Financial Wellness Matter

The 2016 FITlife event is part of a total integrated and comprehensive wellness program. The program provides employees with healthy living tips, general health information, and strategies for securing a financially stable future. Through this event, you gain tools and information about maintaining a healthy lifestyle and planning for retirement.

Pre-registration through the online registration system is recommended due to LSC room capacity requirements. All presentations will be available via audio conference by dialing (970) 491-2601 the date and time of the workshop.

Off-Campus Employees
For those employees who work in an off-campus location, three presentations will be available via video conference for the first 25 participants who register.

Video
- Summary of PERA Benefits
- Social Security: What You Should Know
- Understanding Medicare

Audio
- All presentations

Prepare for your FITlife!

Human Resources

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