



NMU
WELLNESS COMMITTEE
— EDUCATING, ENGAGING & EMPOWERING EMPLOYEES —



On-Campus Resources for Employees

NMU has many resources that are available for employees to utilize, including health and wellness resources, and resources to assist with teaching. In this issue, we will look into many of the resources that NMU has to offer.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

NMU partners with NorthStar Employee Assistance Program to provide EAP services to employees. Employees who are in benefits eligible positions can use NorthStar to help manage issues that could adversely impact their work and personal lives. NorthStar counselors provide assessment, support, and referrals for additional mental health counseling. This is confidential and NMU is not notified when these services are being used.

This service is available to eligible faculty and staff, including spouses and dependent children, to use up to eight times in a calendar year.

The Employee Assistance Program



On Campus Resources for Employees



Health Services
What NMU has to offer on campus



Marquette Happenings
What's going on in November

provides support for multiple issues, including:

- Elder and child care challenges
- Major life events, like marital problems, grief, and loss
- Alcohol and substance abuse
- Emotional distress, like anxiety, sadness, and depression
- Gambling issues
- Job performance
- Financial concerns
- Health concerns
- Work relationships
- Family and personal relationships

To schedule an appointment, contact NorthStar at (906) 225-3145 or online at www.northstareap.com.

BLUE CROSS ONLINE VISITS FOR MEDICAL AND BEHAVIORAL HEALTH

Blue Cross offers online visits, which are fast, convenient, and have no monthly fee. To sign up, visit bcbsmonlinevisits.com. Spouses and children are also able to utilize these visits.

With online visits, you can talk to a doctor about minor illnesses, like sinus and respiratory infections, cold and flu, painful urination, eye irritation or redness, or a sore throat. Behavioral health visits are also available online. Online visits typically take around 15 minute, but can last as long as necessary.

Behavioral health visits are scheduled for 45 minutes, and you will need to make an appointment. For medical care, appointments are not necessary. Care is available 24 hours per day, seven days per week.



TAO- THERAPY ASSISTANCE ONLINE

TAO is an online, interactive library that includes different educational modules, assessments, practice tools and logs, and a mindfulness library. TAO helps to teach personal, cognitive, and interpersonal skills.

TAO includes pathways, which are different modules based on various topics that can be completed at your own pace.

TAO is free to use for NMU employees. Sign up at <https://us.taoconnect.org/register>, and use your NMU email address. Leave the “Enrollment Key” field blank.

DISCOUNTS

NMU partners with the Lake Superior Community Partnership in the “Key to the County” program, which offers discounts to local businesses. To obtain a key fob, contact Human Resources here (email address), and one will be mailed to you. A full list of

participating businesses can be found at <http://marquette.org/participate/key-to-the-county/>.

Blue365 Deals are available to employees who participate in the NMU Health Plan or any participating Blue Cross Blue Shield Plan. These are health and wellness discounts that are available exclusively to members of Blue Cross Blue Shield organizations.

COUNSELING AND CONSULTATION SERVICES

NMU Counseling and Consultation Services psychologists and counselors provide both individual and group counseling, as well as psycho-educational presentations. Emotional crisis appointments are available daily for those who need urgent support.

To make an appointment, call (906) 227-2980.

HEALTH CENTER

The Health Center provides accessible and comprehensive primary care medical services to university employees and their dependents over 16 years of age. The medical center includes an onsite lab and retail pharmacy. Referrals can be made to medical specialists in the Marquette area and other medical centers, like the Mayo Clinic. Medical services provided include:

Routine medical care, like:

- Allergies
- Minor injuries
- Respiratory infections

UPCOMING EVENTS

November 9 Brass Night at NMU- Reynolds Recital Hall **7:30 PM**

The NMU Music Department is proud to present Brass night at NMU! Brass students and faculty will be presenting an evening of music for soloists, brass quintet, and large brass ensemble. For more information, go to nmu.edu/music/live-performances.

November 11, 12, 13 Voces8 in Digital Concert

Join us for a digital streaming event, featuring the world-renown voices of Voces8. This concert has been curated specifically for NMU and its musical patrons. Tickets are \$10. For more information, visit nmu.edu/events/voces8-digital-concert.

Through November 14 Marquette Local Food Fest

Taste The Local Difference is excited to present the Virtual MQT Local Food Fest, a farm-to-table social media campaign, honoring and connecting all links of the Upper Peninsula's local food system. For more information, visit [this link](#).

November 15 NMU Choral and Orchestra Concert **3 PM**

Join us for this digital concert featuring the NMU Orchestra, University Choir, and Arts Chorale! For more information, visit nmu.edu/music/live-performances.

November 18 NMU Jazz Concert **7:30 PM**

The final jazz concert of the semester will feature the NMU Jazz Band and the NMU Jazz Combo. For more information, visit nmu.edu/music/live-performances.

- Colds

Primary care for medical illnesses, like:

- Acne
- Migraine headache
- Asthma
- Diabetes
- Urinary tract infection
- Coronary artery disease
- Hypertension

Physical examinations:

- Annual adult medical
- Pre-employment
- Travel abroad
- Cholesterol checks
- Sports physicals

Gynecological Exams

STD Testing and treatment

HIV/AIDS testing

Immunizations

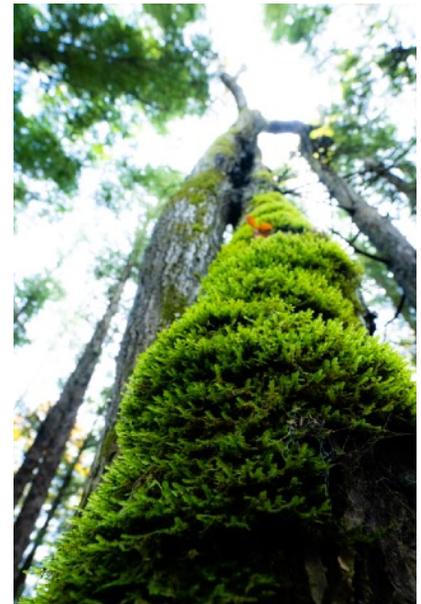
TB skin tests

The Health Center is holding Flu Clinics to get flu shots on Tuesday, November 10 at the Northern Center from noon to 4pm. No appointments are needed.

Please complete the consent and vaccine information forms prior to the clinic.

Common symptoms of the flu include high fever, chills, cough, sore throat, headache, body ache, runny nose, fatigue, and some intestinal complaints.

To make an appointment at the Health Center, call (906) 227-2355.



NMU POLICE DEPARTMENT

The NMU Police Department offers many services, including police, safety, and parking services.

Police services include a daily activity log, emergency guidelines and safety protocols, university ordinances and policies, information on workplace violence, the Oversight Committee, and keys for NMU Facilities.

Parking services include motor vehicle and bicycle registration, information on parking maps, and vehicle ordinances.

The Safety department includes information on employee safety, waste disposal, environmental and occupational safety, personal protective equipment, incident reporting, fire alarms and safety, and the Safety Committee and the Occupational Safety Committee.

Are you registered for the NMU Emergency Test Alert Program? Get notifications about campus emergencies, like inclement weather, hostile intruders, and facility malfunctions. Sign up at [this link](#).

LYDIA M. OLSON LIBRARY

The Lydia M. Olson Library has many services for employees to use.

Besides borrowing and renewing materials from the library, you can also get access to materials not available at the library through Interlibrary Loan. These materials could include books, dissertations, and media that can be borrowed from other libraries.

Instructors can put hard copy materials on reserve through the library for their courses, and can even embed a librarian within their EduCat resources. Librarians can customize resources for specific courses and assignments and answer students' questions. Instructors can also request that a class session be taught by a library faculty member and tailored to the needs of the class, or even sign up for a 30 minute library tour.

CENTER FOR TEACHING AND LEARNING

The Center for Teaching and Learning facilitates excellence in classroom and online instruction and promotes scholarship of teaching and learning by providing professional development, tools, and other supporting services.

The Center for Teaching and Learning can help with teaching techniques and course design, and offers support with the use of EduCat and other teaching and learning technologies. In addition, the CTL holds workshops throughout the year on professional development related to teaching. These include guest speakers, and Learning Circles, Faculty Learning Communities, the Online Teaching Fellows Initiative, and the New Faculty Network.

SPEECH-LANGUAGE AND HEARING CLINIC

The Speech-Language and Hearing Clinic is located in 1513 West Science, and is a part of NMU's Speech, Language, and Hearing Sciences Program. All services are provided by students under the direct supervision of faculty certified

by the American Speech-Language-Hearing Association.

Services include:

- Speech, language, and hearing screenings
- Speech and language evaluations
- Individual and group speech-language therapy
- Consultations with schools, physicians, and employers
- Services for infants, children, and adults
- Public information regarding speech, language, hearing, and related disorders.

For an appointment, call (906) 227-2125.



INJURY EVALUATION AND CARE CLINIC

The Injury Evaluation and Care Clinic is an on-campus clinic that specializes in non-emergent musculoskeletal injuries. The IECC is staffed by three certified and licensed athletic trainers. On your first visit to the IECC, an athletic trainer and athletic training Master's student will perform an initial evaluation, and offer rehabilitation services in the clinic. These visits are fully covered by NMU insurance for NMU faculty and dependents. There is no out of pocket cost. The IECC can refer to specialists quickly if necessary due to their partnership with UP Rehab. On average, it takes 24-72 hours to get in to a physician. If necessary, IECC staff have direct access to multiple healthcare providers.

The IECC is not just for athletes, but for weekend warriors, individuals with desk jobs, and individuals from every type of lifestyle.

“I can’t tell you how much I appreciate the care, convenience and cost of the IECC. The care is first-rate. The staff there is knowledgeable, patient, gentle (as much as they can be), pushy (as much as they need to be), friendly, and fun. In my 16 years in Marquette I’ve had more injuries than I can remember from running, skiing, biking, racquetball, and I think somehow just from existing. It’s so nice to have great care so conveniently located and at no or very low cost to the NMU community. It’s not often I can say that I look forward to going to a health-care provider but with the IECC I can.” -Patient testimonial

To schedule an appointment, please call 906-227-2174.

NOVEMBER WELLNESS CHALLENGES

The Employee Wellness Committee and NMU Recreational Sports have partnered to create wellness challenges for the Fall 2020 Semester. Get out, get moving, and win prizes!

Wildcat Step Challenge 2.0

Get up and get moving with the Wildcat Step Challenge 2.0. For the second semester in a row, this challenge will encourage you to get out and be more active this fall. The goal of the challenge is to reach 10,000 steps as many days of the week as possible over a 7 week period. Please fill out [this form](#) if you are interested in participating. The challenge will run from **October 5-November 15**. Each participant will receive a 20% off coupon from Queen City Running Company, and the grand prize winner will receive 1 free pair of shoes from Queen City Running Company.

What is the Employee Wellness Committee?

To shape NMU employee’s knowledge, attitudes, and behaviors surrounding health and wellness

The University Wellness Committee is a standing committee charged with creating and fostering an environment designed to promote better employee health through education, health screening, and access to healthy lifestyle choices.

The Employee Wellness Committee meets throughout the year to discuss various health care issues and concerns. The committee consists of representatives from each employee union group, as well as employees with interest in employee health and wellness programming. The Committee offers many different health and wellness programs throughout the year.

Programming opportunities include the Lunch and Learn Program, lunch hour presentations on various health topics, and various challenges throughout the academic year.

To contact the Employee Wellness Committee, email wellness@nmu.edu.

Find us on Social Media



[Check us out on Facebook](#)



[Find us on Instagram](#)