The Center for Healthy Living is offering a five-week program focused on managing hypertension, also known as high blood pressure. The prevalence of hypertension (75 million adults according to the Centers for Disease Control and Prevention) keeps hypertension as a main focal point for the center. To participate, individuals must have a diagnosis of hypertension as identified by a Center for Healthy Living provider or through self-referral with approved documentation from a community provider.

As part of the center’s emphasis on heart health, it regularly offers a workshop series on Tuesdays centered on hypertension and cholesterol as part of its Heart to Heart series. During the five-week comprehensive and self-management program, participants will also gain knowledge needed to change blood pressure through guidance in self-care and management as well as develop a blood pressure action plan so they can partner with their health care provider to gain the most from office visits.

Led by Tia Walker, registered nurse and health coach at the Center for Healthy Living, the program will help participants understand how nutrition, physical activity, stress management and medication use (when needed) can help them keep their numbers in a healthy range.

“Through this program we want to educate, provide resources and ensure that our patients understand that high blood pressure isn’t something to take lightly,” Walker says. “High blood pressure increases the risk for many serious health issues, including heart attack and stroke, which are among the leading causes of death in America. In addition, hypertension is especially dangerous because there are usually no warning signs or symptoms. We want to assist in ways that help them stay healthy and prevent complications.”

The program will take place in Stewart Center, Room 204 (note the location changes to Stewart Center, Room 307, for the last two sessions on June 6 and June 13).

The program is offered from noon to 12:50 p.m. on Tuesdays beginning May 9 and runs through June 13. There will not be class the week of Memorial Day.

Those interested need to register by May 8 via the patient portal by following these steps:

1. Log in and click the envelope icon in the top right corner of the page.
2. Click the New button in the top right corner of the page.
3. Click the Add Recipient button and select Wellness Program Registration, then click Select.
4. Type Workshop Registration as the subject.
5. Enter your name, contact information and which workshop you would like to attend in the body of the email, then click Send.

Employees without computer access can call 765-494-5505 to register. Limited seats are available for this small group format.

### Summer Hours and New Location

Summer hours for Transportation Services began on May 1st. The hours of operation for Transportation Service will be 7 AM Monday through Friday. Regular Hours will resume on July 31st.

There is also a new location for Human Resources Customer Service. It is now located off of academic campus in the Kurz Purdue Technology Center (KPTC.)
Faculty and staff will see a new benefit enrollment process, as Human Resources rolls out a new benefits enrollment system beginning July 5.

The new “BenefitFocus” system will take the place of the current EBenefits enrollment tool and will give faculty, staff and graduate staff a fresh, user-friendly look and feel as they enroll in and manage their benefits. (*Graduate staff on the West Lafayette campus only.

New enrollment processes
Faculty and staff will use this new system beginning in July to manage and update their benefits for occasions such as:
* Life events (change in family status).
* Adjusting HSA contributions.
* New hire enrollments.
* Reviewing personal benefit summaries.
* Updating life insurance beneficiaries.

In August, graduate staff on the West Lafayette campus will complete the enrollment process through the new tool and then, later in the fall, employees will enroll for 2018 benefits coverage during the annual open enrollment period.

Important changes
It is important to note a few changes occurring with this transition:
* All faculty and staff will be asked to enter new beneficiary information for life insurance plans.
* Some voluntary benefit plans will have carrier changes. Purdue has made arrangements that allow employees to keep their same plan coverage at the same or reduced premiums.
* Critical Illness insurance coverage is moving from Unum to MetLife -- Employees currently covered by the Critical Illness plan through Unum will have their coverage moved automatically to MetLife. Premiums for the coverage have been decreased while the coverage levels remain the same.
* Accident Insurance coverage is moving from Trustmark to MetLife -- Employees currently covered by the Accident Insurance plan through Trustmark also will move automatically to MetLife. Again, premiums will be reduced for the same coverage levels.
* Universal Life Insurance coverage -- Employees currently covered by the Universal Life plan through Trustmark will keep the same coverage at the same premiums; however, they no longer will pay through payroll deduction. Trustmark will send information to employees to set up direct payment arrangements.

Faculty and staff will receive letters at their homes later this month outlining details about what changes to expect with the move, and outlining actions to take. If, for some reason, an employee does not wish to continue with a current voluntary benefit due to these changes, Benefits can assist in looking at options to discontinue the coverage.

Assistance is available to help navigate the new system and answer questions by contacting Human Resources at 765-494-2222 or hr@purdue.edu. Additional communication for faculty and staff will be shared via Purdue Today and emails as needed.

Parking Permit Renewal
All parking permits at the West Lafayette campus are set to expire on Aug. 15. To purchase or renew a parking permit, visit the Parking Facilities website and choose “Purchase Permit,” followed by “Get Permits.” Employees who have disability parking needs should contact Parking Facilities before renewing their permit online. Employees will receive their parking permits via campus mail.

Questions about purchasing or renewing parking permits should be directed to Parking Facilities at 765-494-9497 or parking@purdue.edu.

In its inaugural regular meeting, the Board of Trustees for Purdue’s new affiliated institution, currently referred to as NewU, approved plans to offer a dramatic tuition discount for Indiana resident students and free tuition for Purdue employees.

The new Indiana resident rate, also approved by Kaplan University’s trustees, will take effect at the beginning of KU’s next academic term. The faculty/staff tuition policy will take effect when Purdue NewU becomes operational. Purdue employees will be able to take degree and non-degree programs tuition-free, and a spouse, child or immediate family member (sons/daughters-in-law, grandchildren and step-grandchildren) will receive a 50 percent tuition discount.

The NewU board, meeting Friday (June 16) in conjunction with the stated meeting of Purdue University’s Board of Trustees, also established an advisory committee to gather input and offer recommendations to the board.

“It’s fitting that one of this board’s first actions is to approve a major tuition discount for Hoosiers and essentially free continuing education for Purdue employees,” said Purdue President Mitch Daniels. “It reflects Purdue’s objective to be affordable for our students and commitment to the growth and development of all our co-workers.”

An Indiana resident student pursuing an associate or bachelor's degree will pay the equivalent of $220, including technology fees, per quarterly credit hour, which is a discount of approximately 45 percent. The total cost to graduation for a bachelor's degree would be $39,600, compared to a total cost to degree of $80,088 (including room and board) for Indiana residents at Purdue’s West Lafayette campus.

Indiana residents pursuing a master's degree or a graduate certificate will receive a 10 percent discount.

The employee rate, contingent upon maintaining a GPA of 3.0 or higher, applies to employees at the West Lafayette and all regional campuses, as well as other benefits-eligible Purdue employees such as those living around the state and working for Purdue Extension. http://www.purdue.edu/newsroom/releases/2017/Q2/newu-board-oks-tuition-rates-for-indiana-residents,-purdue-employees.html
BLACK AND GOLD NIGHT
WITH THE LAFAYETTE AVIATORS
FRIDAY, JULY 7, 2017 • 7:05 PM
vs. KOKOMO JACKRABBITS
PURDUE ALUMNI/APPRECIATION NIGHT!

DUGOUT RESERVED TICKETS:
$5 FOR PURDUE ALUMNI AND FANS
AFTER THE GAME LOEB FIELD WILL TRANSFORM INTO THE LARGEST MOVIE
THEATRE IN TOWN AND WILL SHOW STAR WARS EPISODE IV ON THE FIELD!
SOME YOUR FAVORITE STAR WARS CHARACTERS WILL BE MAKING AN APPEARANCE!

BUY YOUR TICKETS ONLINE AT:
LAFAYETTEBASEBALL.COM/GROUPS AND ENTER THE CODE “PURDUE”

STAR WARS MASK GIVEAWAY FOR KIDS!

DEADLINE TO ORDER TICKETS FOR BLACK AND GOLD NIGHT IS JUNE 30

Contact Name ____________________________
Address _________________________________
City ___________ State _______ Zip ________
Daytime Phone _____________________________
Email ____________________________________

Mail to:
Lafayette Aviators – TB
510 W. Kilbourn Ave
Milwaukee, WI 53203
Fax Credit Card orders to: 414.224.9290
Scan & Email orders to: tomb@lafayettebaseball.com
Phone orders and questions:
Tom Bergles - 414.908.6356

# OF TICKETS  PRICE PER TICKET  TOTAL DUE

GAME ONLY
GAME + 1 HOUR ALL YOU
CAN EAT TAILGATE 5:30–6:30

TOTALS

Ticket Delivery method
△ Mail (Add $2 to order)
△ Will Call under ________

Payment method
△ Check: Payable to Lafayette Baseball
△ VISA △ MC △ DISC △ AMEX
Acct # _______________________ Exp ________