



CHANT *Benefits*

COASTAL CAROLINA UNIVERSITY BENEFITS NEWSLETTER

2024 - OPEN ENROLLMENT INFORMATIONAL SESSIONS

In preparation for Open Enrollment for the 2024 benefit year, the Benefits Department will be hosting a mix of in-person and virtual Open Enrollment Informational Sessions.

During these sessions topics discussed will include information regarding the Health, Dental and Vision plans, Optional Life Insurance, Supplemental Long Term Disability, Dependent Life Insurance and Medical Spending Accounts/Health Savings Accounts.

2024 Open Enrollment Informational Sessions

- Sept 13th @ 10am - In-person
- Sept 19th @ 10am - Virtual
- Sept 28th @2pm - In-person
- Oct 18th @2pm - Virtual

[Click here to register](#)

Take full advantage of your insurance benefits to make 2024 your healthiest year yet.

THIS ISSUE:

- 2024 OPEN ENROLLMENT INFORMATIONAL SESSIONS
- CCU SPONSORED BLOOD DRIVE
- 2023 REGIONAL WORKSITE SCREENINGS
- SUMMER SAFETY
- CANCER SCREENINGS
- LIFE SERVICES EAP INFORMATION
- "DID YOU KNOW?" CORNER
- CONTACT US

IMPORTANT DATES:

- CCU Blood Drive
 - July 13th
- Regional Worksite Screening
 - July 27th
- Open Enrollment
 - Sept 15th - October 31st
- Open Enrollment Informational Sessions
 - Sept 13th @ 10am
 - Sept 19th @ 10am
 - Sept 28th @2pm
 - Oct 18th @2pm

CCU & The Blood Connection Blood Drive

CCU is partnering with The Blood Connection to host a lifesaving blood drive.



COASTAL CAROLINA UNIVERSITY BLOOD DRIVE

Thursday, July 13, 2023
 10:00 am - 03:00 pm
 105 Independence Drive
 CONWAY, SC 29526

[Click here to schedule your donation](#)

Each donor that completes a whole blood donation will receive a \$60 eGift Card!

2023 Regional Worksite Screenings

The South Carolina Public Employee Benefit Authority is sponsoring a Regional Preventive Worksite Screening.

COASTAL CAROLINA UNIVERSITY
 Thursday, July 27, 2023
 104 Independence Drive.
 Alford Ballroom in Atheneum Hall.

The preventive health screening will include the following components: Blood Pressure, Blood Lipid Profile, Blood Chemistry Profile and Hemogram. Within three weeks of your screening, you will receive your personal health profile, highlighting any values outside the normal range. (Additional tests are available for an added expense.)

To register, email ericwpatch@gmail.com with "Conway Regional Screening" in the subject line.

The registration deadline is July 24, 2023.



Sun's out, watch out: Medical Conditions and Medications Impacted by Summertime Heat and Sun

When most people think of summer, they imagine long days, flip-flops and fun in the sun. However, too much fun in the sun can be a problem. Prolonged exposure to the direct sunlight and higher temperatures that occur during the summer season can have a negative effect on people living with certain chronic health conditions. If you have any of the conditions below, you'll want to exercise additional caution.

- Migraines - can be triggered by dehydration caused by the summer heat
- Asthma - high temps and humidity can worsen symptoms
- Rosacea - too much sunlight can irritate the skin of people with Rosacea
- Multiple Sclerosis - symptoms can worsen when body becomes overheated
- Lupus - sensitivity to UV exposure can harm to skin cells

In addition to medical conditions, take note of certain medications. Side effects of certain medications can also worsen due to heat and sun such as increasing the skin's sensitivity to sun or becoming less effective if the body overheats. Medications that increase the skin's sensitivity to sun can make a sunburn much worse. There are many medications that fall in this category, so ask your pharmacist if you're just starting to take something new.

Schedule Your Cancer Screenings

Cancer screenings can be stressful. It's easy to find reasons to avoid these trips to the doctor. Before you start your summer vacation, think about how screenings can catch cancer early and make it easier to treat. A trip to the doctor's office this summer could save your life.

Make these screenings a part of your summer plans.

- Colorectal cancer screenings - 2nd deadliest form of the disease in the U.S. Adults older than 45 should have regular screenings.
- Cervical cancer screenings - deaths from cervical cancer are decreasing thanks to widespread screening.
- Mammograms - cannot prevent breast cancer, but they can improve your chances of survival by finding it early.

LifeServices Employee Assistance Program

Easily access Free and Confidential 24/7 counseling, support, and personalized content, for dependents and all members of your household, from any device

- Telephonic , Chat and Video Access
- Personalized Content and Activities
- Shopping Discounts

My Life Expert includes the following daily living resources:

- 1000+ Articles, videos and worksheets
- Daily living and lifestyle assessment surveys
- Events calendar for latest webinars and online training sessions
- Build your own customized profile
- 24/7 confidential support
- Interactive checklists

Visit: www.lifeserviceseap.com Use Code: LS0238 Call: 800.822.4847

Did You Know?



Virta is a medically supervised, research-backed program that can help you reverse Type 2 diabetes. With Virta you can naturally lower and control your average blood sugar (HbA1c) while also reducing or eliminating diabetes medication and losing weight. Virta is offered at no cost to eligible State Health Plan primary members ages 18 and older.

Go to <https://www.peba.sc.gov/virta> to learn more about the program, including enrollment details.

CCU's Floating Holiday

Do not forget about your Floating Holiday! At CCU, a floating holiday is a period equivalent to an employee's average workday that an eligible employee can use to observe a holiday outside the posted University holiday schedule (or applicable holiday schedule).

For more information, visit the Floating Holiday FAQs at the link below.

[Floating Holiday FAQs](#)

Be Aware + Prepare - Retirement Planning

Be Aware and Prepare can help you make smart decisions about your financial future. Regardless of how we define retirement awareness, PEBA believes it's important to plan for a secure financial future and think about what life will be like after you quit working. We encourage you to use these resources and act now to help secure your financial future. Click the link below to start planning for your future today!

[Be Aware + Prepare](#)

Contact us for questions related to insurance or retirement:

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