

Taking Care of Red, White & You!



Purpose Wellness - *Tools You Can Use*

Regularly engaging in meaningful and satisfying work that aligns with personal values and goals.


- Tuition Waiver
- Craft Center
- Learning and Organizational Development (L&OD)
- Committees

Financial Wellness - *Tools You Can Use*

The awareness of current financial position and budgets and having the resources to meet basic needs by saving and spending wisely.

- Financial Assistance:
 - Fidelity Investments: Cleo Morgan | 919-500-1056 | cleo.morgan@fmr.com
 - TIAA: Erick Bell | 919-687-5231 | erick.bell@tiaa.org
 - Prudential (Empower): Christy Kelly | 919-602-8226 | christy.kelly@prudential.com
 - CAPTRUST: a third-party, independent group of advisors working with the UNC System. Captrust provides institutional and private investors with financial advice and fiduciary support. For nearly 30 years, CAPTRUST advisors have been helping investors make informed, strategic investment decisions. You may contact CAPTRUST directly at 1-800-967-9948

Financial Wellness - *Tools You Can Use*

- Financial Assistance cont'd:
 - FASAP: Faculty and Staff Assistance Program
Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including: Getting out of debt, Credit card or loan problems, Tax questions, Retirement planning, Estate planning, Saving for college
 -  **PNC BANK** is the official Bank of NC State University! [Link to PNC resources.](#)
 - **WolfPerks:** The WolfPerks Program is designed to save NC State University Faculty & Staff money on products and services both locally and nationally. [WolfPerks linked here!](#)

Real Estate WolfPerks



University Human Resources is pleased to announce the addition of a second real estate vendor to WolfPerks, our employee discount and special purchasing program.

The new service is the Coldwell Banker Advantage's REAP Rewards, a program that offers home buying and selling assistance, discounts and cashback rewards to new and current employees who need real estate services.

Real Estate WolfPerks



We also encourage you to continue sharing Fonville Morrisey's Moving With the Pack, our other program that provides home-buying and selling assistance, rebates and discounts to new and current employees who need real estate services.

HR representatives should share both programs with with job candidates.

Employees and job candidates can visit the websites for the respective programs and enroll themselves, or an NC State HR professional can go to the websites and initiate the enrollment process for them.

Financial Wellness - *Tools You Can Use*

- Financial Assistance cont'd:
 - Child Care: NC State has a partnership with Bright Horizons, our valued childcare provider for more than 12 years. NC State offers approximately 100 discounted spaces at the Triangle-area Bright Horizons centers listed on our website.
****Tuition Subsidy is only available to full-time employees****
 - NC State also has established a partnership with The Goddard School on Ridge Rd. They offer a 5% tuition discount and NC State will provide reimbursement of the initial deposit and registration fees for children of eligible full-time employees up to \$900.00.
 - KinderCare provides a 10% discount to NC State employees at any location nationwide.

Physical Wellness - *Tools You Can Use*

Managing health through regular exercise, eating a balanced, nutritious diet and maintaining adequate sleep.

Ways to get connected:

- Wellness and Recreation Center
- Wellness Challenges
 - Grateful Pack, Nov. 1 - 15
- Dining Halls
- Campus Health

Physical Wellness - *Tools You Can Use*

Incorporate activity into your day

- Take regular breaks, bonus points for getting outside
- Take the long way when going to the restroom or to grab water
- Stand when taking a phone call or schedule a walking meeting
- Implement a walk before or after lunch
- Walking through & around NC State

Print and share these resources

- Five easy ways to implement desk health practices

Emotional Wellness - *Tools You Can Use*

The ability to be self-aware and cope with challenges and needs while developing overall resilience.

- **Faculty and Staff Assistance Program (FASAP)**

Call: 866.467.0467

Go online: guidanceresources.com

TDD: 800.697.0353

Your NC State Web ID: FASAP

Confidential Counseling - someone to talk to now

Guidance resources - “ask the expert” and more

- Lighten Your Pack

- Resilient Pack

Emotional Wellness - *Tools You Can Use*

The ability to be self-aware and cope with challenges and needs while developing overall resilience.

Ways to get connected:

- Wolfpack Wellness Badge Program
- QRP (Suicide Prevention) Training for faculty and staff
- State Health Plan Resources (available to state health plan members)
- GUIDE: a 3-hour empathic communications training that empowers faculty and staff to conduct effective student support conversations-and to identify and engage the appropriate university resources when needed.

Social Wellness - *Tools You Can Use*

Developing supportive networks by cultivating new or existing relationships.

Ways to get connected:

- Wolfpack Wellness Badge Program
- NC State Live
- Craft Center

Community Wellness - *Tools You Can Use*

The opportunity to contribute and connect individual passions and strengths that foster a safe and supportive environment.

Ways to get connected:

- Wellness Champions
- Office of Global Engagement
- Well Wolfpack Certified Organization

Additional Resources

On Demand Resources:

Mental Health Awareness Toolkit

- English version
- Spanish version

Burnout/Work-Life Balance

Employee Wellness Toolkit

- English version
- Spanish version
- French version

Pack Pause With Diaphragmatic Breathing

Questions?

We are here to help!

Need additional resources? Can't find what you need?

Reach out to me at kdvance2@ncsu.edu

"Small acts, when multiplied by millions of people, can transform the world." –
Howard Zinn