



Benefit Flyer

JANUARY 2016

Announcements

New Prescription Drug Plan

Catamaran, an OptumRx company (OptumRx), has replaced Express Scripts as the University's prescription provider as of January 1. Faculty and staff enrolled in a Princeton medical plan were sent Welcome Kits and new ID cards. If you have not received your ID card, contact OptumRx at (877) 629-3117. If you were utilizing home delivery service, active prescriptions were automatically transferred to OptumRx however; you need to provide your shipping address and payment information online at www.optumrx.com/mycatamaranrx or by phone at (877) 629-3117. If you need to provide a new prescription to OptumRx, mail order forms are available on the HR website at www.princeton.edu/hr/benefits/hlth/prescript.

Register Online

To attend the seminar, register on the University training website at www.princeton.edu/training.

1. Click on **Training by Department**
2. From the drop down menu select **Human Resources**
3. Click on **Carebridge**

If you have difficulty enrolling please contact Lynn Herbine at 8-9118.

Walk-ins are always welcome at our Carebridge seminars.

Gain Control of Debt

Tuesday, January 26, 10:00 to 11:00 a.m., Frist Campus Center, MPR A

There can be many different reasons why people get into financial jams, and almost everyone struggles with financial problems at one time or another. This seminar examines how to evaluate debt responsibilities, consolidate debt, and work with creditors to effectively reduce debt. This very practical and useful seminar can help you to get on the right track to better manage your personal finances.

Ajay Kaisth is a financial planner and investment manager with over twenty years of professional business experience, fifteen of which have been focused on the financial services industry. This includes working on Wall Street in the Asset Management/Private Banking Group at SG Cowen & Co. and with registered investment advisory firms. Ajay earned a BA in Economics from St. Xavier's College. He also has a Diploma in International Studies from Johns Hopkins University, School of Advanced International Studies (SAIS), Bologna, Italy, and a MA degree in International Studies from the Norman Paterson School of International Affairs (NPSIA), Carleton University, Ottawa, Canada.

Cultivating Mindfulness

Wednesday, February 24, 10:00 to 11:00 a.m., Frist Campus Center, MPR A

Mindfulness is a way of being fully conscious and completely present in the moment—setting aside your worries, expectations, emotions and other thoughts that take your mind away from the current moment. Participants will be introduced to the practice of mindfulness meditation and will learn insights to the art, science and practice of mindfulness. The daily practice of mindfulness meditation has been linked to physical and emotional well-being.

Rachelle Bevilacqua is a Licensed Professional Counselor and Consultant with Carebridge Corporation. For over nine years, Rachelle has provided mental health therapy in psychiatric institutions, offered counseling, mentorship and led psychoeducational groups and workshops for Gwynedd Mercy College in Gwynedd Valley, PA. Rachelle has also taught Psychology at Penn State University. In 2006, she founded Waking Wellness, LLC, with a focus on mindfulness-based strategies to manage stress, anxiety and depression. Rachelle has also studied Mindfulness Based Cognitive Therapy, Personal Life Coaching, as well as Yoga and Meditation for Anxiety and Depression. In addition to growing her private practice over the last six years, Rachelle is a Registered Yoga Teacher, teaching yoga, meditation and mindfulness skills at Shri Yoga and Wellness Center.