October 2019

Dear Members of the Princeton University Faculty and Staff,

During Open Enrollment—Monday, October 14, through Friday, November 8— you have the opportunity to change your benefits elections to meet your needs for 2020. Review the enclosed Open Enrollment Guide and the benefits booklet, Benefits 2020, for more details.

As a community, we share the increasing costs associated with healthcare benefits. Your active involvement in, and participation with, your overall well-being is needed to take care of your physical and mental health and to address these growing costs.

Princeton offers many resources to help you achieve a healthy state of well-being. Visit our new website at hr.princeton.edu/thrive to read about all your benefits and resources. Here’s a reminder of just a few that can help you directly or guide you to the right ones:

**Employee Assistance Plan:** Confidential services help you work through stressful, sad, or challenging situations, including financial trouble, substance abuse, elder care, and more.

**Health Advocate:** Medical and benefit professionals help you find care, solve a claim issue, or understand a diagnosis or treatment plan.

**My Health Coach:** Personal coaches assist you to achieve personal health goals, including managing diabetes, hypertension, improving diet, weight loss, or increasing strength and flexibility.

To learn more about all available resources, attend a Benefits Fair:

**Main Campus**
Wednesday, October 23
10:00 a.m. to 2:00 p.m.
Frist Multipurpose Rooms

**PPPL**
Thursday, October 24
10:00 a.m. to 2:00 p.m.
Lyman Spitzer Building

If you have any questions, contact the Benefits Team at (609) 258-3302 or benefits@princeton.edu.

Regards,

[Signature]

Linda Nilsen
Assistant Vice President for Human Resources