February 2010

HEALTHY HEART MONTH AT THE MAC
JHU employees can attend a free exercise class of their choice for Healthy Heart Month at the MAC on Saturday, February 27th. Simply show your JHU badge to the reception team when you arrive. For a schedule of classes being offered, visit www.macwellness.com. Or, enroll in the Healthy Start program and get 60 days for $60 including 2 visits per week with a fitness professional plus unlimited access to the MAC during your 60 day membership. For details on these specials and other JHU membership discounts, see the flyer posted on the homepage of the Benefits Web site.

VOLUNTARY BENEFITS: AUTO & HOMEOWNER’S INSURANCE
Full-time Faculty, Staff and Bargaining Unit employees should have received a recent mailing regarding the Choice Auto and Homeowner’s Insurance Program offered through Marsh Voluntary Benefits. Although annual benefit enrollment has closed, enrollment in your JHU voluntary benefits remains open all year. Advantages of participating in the program include:

- Special JHU group discount of 10% or more
- Special individual discounts for:
  - Driving an auto with anti-lock brakes or automatic seatbelts
  - Protecting both your auto and home
- Premium payments through payroll deduction

One call to the toll free quote line (1-866-795-9362) can help you compare rates from multiple top-rated companies such as Liberty Mutual, MetLife Auto and Home, Travelers and Safeco Insurance. There is no need to wait until your current policies expire. Choice Auto and Home can help you switch right over the phone. Visit www.jhuvoluntarybenefits.com to learn more.
ANNUAL PRUDENTIAL PENSION STATEMENTS
Prudential Retirement will be mailing annual pension plan statements at the end of February. Current support staff and bargaining unit participants should receive the mailing at their home addresses in early March. Questions concerning the statement can be directed to Prudential at 1-877-PRU-2100.

JHU ANNUAL ENROLLMENT RECAP
Annual enrollment for 2010 benefits was held from October 23 through November 10, 2009. Out of 13,940 eligible employees, 9,227 participated in online enrollment. This represented an increase of 7.2% over 2009 annual enrollment. Of those who enrolled online, 2,877 (31%) completed the online survey giving us feedback on their JHU benefits. During 2010 we will look back on these survey results and provide you with a summary of what you told us. We’ll begin with the resources you used to help in making your choices.

Survey Question
I used the following resources to assist me in making my JHU Choices 2010
(Select all that apply):

Sources of Information

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Of the 2,877 employees who took the survey, 5,530 responses were received to the above question. On average, the 2,877 respondents chose two sources when completing the survey. Thank you for letting us know which tools you found most useful. Look for more survey results in future Benefits News.
WAGEWORKS FILING DEADLINE
April 30, 2010 is the deadline for submitting 2009 claims to WageWorks for your health care and dependent care flexible spending accounts. Eligible health care and dependent care expenses must have been incurred by December 31, 2009. Participants with remaining balances will need to complete the appropriate Pay Me Back form in order to receive reimbursement. The forms are available on the Benefits Web site, www.benefits.jhu.edu. Claims must be postmarked or submitted by fax to WageWorks no later than April 30, 2010. For questions, participants may call WageWorks at 1-877-924-3967.

HEALTHY MONDAY: MONDAY MILE
Healthy Monday, a national movement founded in part by JHU’s Bloomberg School of Public Health, has changed the face of Monday. Studies show that Monday is an ideal day to trigger new behaviors; incremental changes initiated on a Monday have a much better chance of being sustained. Over 275 JHU employees from the Eastern, Homewood, East Baltimore and Bayview campuses tried out their own routes to greater health and well-being by walking the Monday Mile this past November and December. The JHU Benefits Service Center held weekly random drawings and awarded prizes to the following lucky winners:

- Deborah Bors
- Rachel Cowan
- Alicia Grogan
- Lynn Grzechowiak
- Marvis Harden
- Sally Hauf
- Laura Huber
- Jenna Los
- Anne Scheurer

Thank you to all who participated in this Healthy@Hopkins initiative. The numerous benefits of walking range from stress relief to decreased cholesterol levels. Love yourself a little more in February and learn about Healthy Monday and Monday Mile at www.benefits.jhu.edu or www.healthymonday.org
The Benefits Service Center will be closed as follows:

- Every Thursday from 9:30-11:00 am

We apologize for any inconvenience this may cause, but ongoing training is necessary to better serve your needs.

FOR MORE INFORMATION ABOUT YOUR BENEFITS

If you have questions or need help regarding your benefits, visit the Benefits Web site at [www.benefits.jhu.edu](http://www.benefits.jhu.edu) or contact the Benefits Service Center:

Phone: 410-516-2000
E-mail: benefits@jhu.edu
Fax: 443-997-5820

JHU at Eastern
Office of Benefits Services
1101 East 33rd Street
Suite D-100
Baltimore, MD 21218
Monday – Friday
8:30 am to 5:00 pm

East Baltimore Campus
Benefits Service Center
1830 E. Monument Street
Room 512
Monday & Wednesday
Appointments only
Call 410-516-2000

Benefits eByte

The Benefits Service Center receives an average of 600 e-mail inquiries/month. It’s a quick and easy way for employees to get their benefit questions answered. Here are some frequently asked questions received over the past month. Our hope is that sharing this information will be helpful to you.

**Question:** I missed the chance at Annual Enrollment to make changes to my 403(b). Can I do it now?
**Answer:** Yes, beginning your 403(b) contributions or making changes can take place at any time during the calendar year.

**Question:** I heard the premium costs for medical/dental coverage are changing on July 1st. Where can I see these costs?
**Answer:** You can find them on the Benefits Web site at [www.benefits.jhu.edu](http://www.benefits.jhu.edu). Look under the Cost of Coverage link in the left navigation bar.

[benefits@jhu.edu](mailto:benefits@jhu.edu)