HEALTHCARE SAVINGS WITH THE ZERO CARD

Figuring out medical insurance can be an overwhelming process, especially with a limited budget and the prospect of looming surgeries, procedures and high medication costs. In 2017, driven by a changing market and employee feedback, UCO introduced the Zero Card, a service paid completely by UCO’s medical plan. The Zero Card gives employees the option to choose lower cost plans that offer premium savings, while still receiving medically-necessary procedures and prescriptions without breaking the bank. There is no enrollment process and dependents covered under UCO’s medical plans are eligible to use the Zero Card too. While all of that sounds great in theory, how does it benefit employees and UCO?

How It Works: The process begins with a visit to the employee’s primary care doctor. If the doctor requests additional testing, procedures or surgery, the employee can call the Zero Card to determine the procedure’s eligibility. If covered, the Zero Card will help book the appointment at a nearby facility and UCO’s medical plan will completely cover costs associated with the procedure, including physical therapy, pre-operative and post-operative care. The employee doesn’t use their BlueCross and BlueShield medical insurance card, and UCO saves money by connecting employees with low-cost, high-quality transparent care.

- Over 1,200 generic prescription drugs are offered through www.rxngo.com, a partner of the Zero Card. Employees can register through the website or call the Zero Card for registration assistance. Doctors can submit employees’ prescriptions by phone, fax or mail, exactly like a brick-and-mortar pharmacy. Prescriptions are mailed to employee’s homes in three to five business days, and can be automatically refilled when requested.

- Lab Services are provided by the Zero Card to use for any service requested by a doctor. These services are covered at the employee’s doctor’s office, or at DLO/Quest Diagnostic locations. Employees can also find Lab Card locations and request a Lab Card by contacting the Zero Card. Members must use their specific lab card when seeking lab services through the Zero Card.

- If a doctor orders a specific type of imaging service (like an MRI, CT, X-Ray, etc.), employees can get the imaging orders from the doctor, call the Zero Card, and the Zero Card will provide assistance with scheduling a provider. The results are given back to the employee and their original doctor to be read, and the cost is entirely covered by UCO’s medical plan.

The Catch: Employees lose the option to choose their specific doctor or provider while using the Zero Card. But providers like the Oklahoma Heart Hospital, McBride Orthopedic Hospital, Surgery Center of Oklahoma, OU Physicians and many others are connected with the Zero Card. As long as the procedure, surgery and/or medication is covered by the Zero Card, employees have a great option to provide for their medical needs and keep their costs down. The Zero Card is not meant to be used in emergency situations, including urgently-needed medication, but provides a great option for those needing medications or procedures that can be scheduled in advance.

As healthcare costs rise, the Zero Card provides a strategic way for employees to keep money in the bank while still receiving high-quality care. The Zero Card gives UCO cost-effective strategies to continue to provide valuable benefits to employees. For more information about the Zero Card, visit the www.thezerocard.com or email Benefits at benefits@uco.edu.
STAFF SENATE UPDATE

Cheryl Duke, Asst. Director of Business, Wellness & Sport

UCO Staff Senate held their last meeting on Tuesday, January 9. There was no guest speaker at this meeting. Two new pieces of legislation were brought to the Senate: a joint proposal with faculty senate regarding employee tuition waiver benefit increase and a bill for offices to remain closed during the campus Fall Break. The Senate will vote on the tuition waiver joint proposal at the next meeting in February.

For more detailed information regarding this meeting, and the senate, please see the UCO Staff Senate website.

The next meeting will be on Tuesday, February 13 at 2:00pm in the Education building room 312. Please ensure you stay up to date on your current senators. Contact any senator from your division with topics or concerns that may impact UCO employees, so that the Senate can best represent and assist you.

YEARS OF SERVICE CHANGES

Mary Deter, Employee Relations Specialist

Human Resources is excited to announce some changes regarding the Years of Service pins. In an effort to enhance the Fall Years of Service Celebration experience, we are moving the receipt of 10 years and up anniversary pins to the fall celebration. Additionally, we’re pleased to announce the addition of 3 years of service pins, which will be delivered to employees during their anniversary month.

W-2 AVAILABLE ONLINE

Tamra Kitsmiller, Director of Payroll

Human Resources is pleased to offer online year-end tax documents for a second year. Access to electronic 2017 W-2s is now available for those active employees who gave electronic consent prior to 1/16/18 (paper forms were mailed no later than 1/31/18 via USPS). For instructions to view your electronic W2, visit the Payroll website.

VIRTUAL GROUP COUNSELING

Mary Deter, Employee Relations Specialist

Deer Oaks, UCO’s Employee Assistance Program, is now offering virtual group counseling for employees, in addition to the six in-person counseling sessions. Participants may be referred to a group based on the initial clinical assessment, and will be paired with participants of similar issues, such as bereavement, work-life balance, or anxiety. Group sessions are 90 minutes in duration and take place once per week throughout the eight week program. To protect the participants privacy, individuals will not be referred to groups where other participants are from UCO. A clinician leads the group to maintain boundaries, structure, and keep the discussion solution-focused. For more information or to join a group, contact EAP at (866) 327-2400.
# NEW BRONCHO STAFF MEMBERS HIRED IN JANUARY

**WELCOME**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Department</th>
</tr>
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<tbody>
<tr>
<td>Cashyn Britt</td>
<td>Conference Consultant</td>
<td>Conference and Events</td>
</tr>
<tr>
<td>Shaye Caban</td>
<td>Web Developer</td>
<td>Chambers Library</td>
</tr>
<tr>
<td>Donald Carpenter</td>
<td>Material Control Technician III</td>
<td>Physical Plant</td>
</tr>
<tr>
<td>Megan Clinkenbeard</td>
<td>Budget Manager</td>
<td>Academic Affairs</td>
</tr>
<tr>
<td>Deborah Dowdy</td>
<td>Accountant III</td>
<td>Foundation</td>
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<tr>
<td>Janice Graro</td>
<td>Administrative Assistant II</td>
<td>Student Affairs</td>
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<tr>
<td>Tiffany Hendricks</td>
<td>Grant Accountant II</td>
<td>Grants and Contracts</td>
</tr>
<tr>
<td>Philip Horoho</td>
<td>Setup/Recycling I</td>
<td>Recycling and Setup</td>
</tr>
<tr>
<td>Jeret Johnson</td>
<td>Asst. Women Coach, Tennis</td>
<td></td>
</tr>
<tr>
<td>Jennifer Johnson</td>
<td>Program Coordinator</td>
<td>Forensic Science Institute</td>
</tr>
<tr>
<td>Kelsey Kolber</td>
<td>HR Assistant</td>
<td>Human Resources</td>
</tr>
<tr>
<td>Ashley Kraham</td>
<td>Research Associate</td>
<td>College of Math and Science</td>
</tr>
<tr>
<td>Sara Lehman</td>
<td>HR Assistant</td>
<td>Human Resources</td>
</tr>
<tr>
<td>Lewis Letton</td>
<td>Patrol Officer I</td>
<td>Police Services</td>
</tr>
<tr>
<td>Yong Li</td>
<td>Visiting Research Scholar</td>
<td>College of Math and Science</td>
</tr>
<tr>
<td>Lauri Monetti</td>
<td>Director of Alumni Relations</td>
<td>Development</td>
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<tr>
<td>Sean Nakayama</td>
<td>Network Administrator I</td>
<td>Information Technology</td>
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<tr>
<td>Jerisha Ogletree</td>
<td>Admissions Counselor I</td>
<td>Undergraduate Admissions</td>
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<tr>
<td>Nicholas Polite</td>
<td>Painter I</td>
<td>Paint Shop</td>
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<tr>
<td>Leigh Robertson</td>
<td>Conference Consultant</td>
<td>Conference and Events</td>
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<tr>
<td>Denton Scherman</td>
<td>Research Assistant</td>
<td>Retention Specialist</td>
</tr>
<tr>
<td>Maegan Taylor</td>
<td>SSS—Veterans</td>
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Congratulations Jade Bennight!
Jade Bennight, Counselor of Mental Health in the Center for Counseling and Wellbeing, has been selected as one of two recipients of the Harriet Copher Haynes Award through the Association for University and College Counseling Center Directors. This scholarship of $2500 allows attendance at the AUCCCD conference in the fall 2018, requires a presentation to college counseling center directors on diversity and impacts on clinical practices, and provides mentorship for further leadership development. Way to go Jade!

Bravo Darnell Smith!
Darnell Smith, Assistant Athletic Director of Compliance was named as one of the Minority Opportunities Athletic Association’s Founders’ Grant recipients. This $1000 grant assists MOAA members with professional development. Congratulations Darnell Smith!

Announcing Ryleigh Grace Ward!

Kudos Chuck Adams!
Kudos to Chuck Adams, Buyer for Procurement Services, for sharing his talents as a member of “The Old Bulldog Band”. The band performed at the UCO Jazz Lab on January 20th, 2018. Pictured is Adams as he performs the Beatles “Yellow Submarine”. Way to go Chuck!
Meet Dr. Brian Lamb, Supervisor, Director of the School of Music!

What is your background?
I was born in Atlanta, Georgia and spent my entire childhood in the suburbs of Dekalb County. I had “best friends” in my hilly, wooded neighborhood, and we rode bikes on trails through the woods, played in the creek catching frogs and crawdads, and built treehouses dangerously high off of the ground (even though our parents told us not to). My dad got a job that transferred him to Texas right before my 9th grade year in school. I went to Baylor, and then directly into a graduate assistantship with the bands at the University of Notre Dame. After my two years at Notre Dame, I taught high school in Arlington, TX for 7 years. Then I took my first college teaching job in Bolivar, Missouri, at Southwest Baptist University.

Tell me how you first got involved at UCO.
I got a phone call from my mentor at Baylor, who had been up in Oklahoma at the OMEA convention in January of 2001. He said, “Have you ever heard of a school called the University of Central Oklahoma? Or Central State University, or Central State College?” I said that I hadn’t. He told me they were doing a search for a Director of Bands, and encouraged me to apply. As they say, the rest is history.

What would you say are your strongest beliefs about your contribution to the university?
I think I really “drank the koolaid” at this place. I was one of those teachers that came to UCO with a lot of discipline knowledge and a lot of accomplishments as a band director, but I didn’t know how to engage students in the classroom. I had to learn how to teach. Brent Wendling and the Faculty Development Center, followed by Jeff King and the CTTL all made an impact on me. I went to tons of teaching workshops and book clubs and study groups, and they all made a difference! I also served on the Faculty Senate for 4 years. Pretty soon, I was networked all over campus. I think the community here is simply incredible. There are way more nice, caring, helpful colleagues than there are grumpy and dissatisfied people. It’s a great place to call home. I’m immersed in this place, and I BELIEVE this place makes a difference in students’ lives, in the life of this community, and in OKC.

What do you do when you are not working?
My wife, Denise, and I have a blended family with 5 kids. (One has graduated from UCO already and she and her new husband live and work in OKC. One lives in Tulsa now. Two of them are enrolled here at UCO right now, and the youngest one is a senior in high school—he wants to attend ACM in the fall.) When I’m not at school, my wife and I enjoy our home: gardening and landscaping, fires outdoors in the warm months and indoors when it’s cold, all kinds of great music, good books, great friends and neighbors, and sharing a glass of wine. We also like to travel when we can.

<table>
<thead>
<tr>
<th>Course Title</th>
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<td>ADM 101A</td>
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<td>New Employee Training (NET)</td>
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<td>D2L - Foundations</td>
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<td>Banner Finance</td>
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<td>D2L ePortfolio</td>
<td>2/22/2018</td>
<td>ADM 101A</td>
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CELEBRATING CONSECUTIVE YEARS OF SERVICE TO UCO

YEARS

CECelia Smith 35
Carole Sites-Walker 30
Stephanie Driver 29
Nicole Willard 24
Angela Rice 22
Benjamin Hardwick 18
Rosario Riley 14
Karen Youngblood 13
Yasin Sagahi Rasekh 12
Howard Durham 11
Patricia Hogg 11
Crystal Morgan 11
Bucky Dodd 9
Katherine Brashears 7
Charles Tew 6
Sarah Ward 6
Niccole Miller 6

YEARS

Eric Rogers 6
Robert Howard 6
Edgar Miraku 6
Liliana Renteria Mendoza 5
KaDee Bramlett 5
James Lofton 5
Stephanie Spencer 5
David Krone 5
Lana Canale 4
Rachel Waldrop Holzhauser 4
James West 4
Laura Butler 4
George Wheelan 3
Summer Galbraith 3
Austin Borjas 3
Megan Gatlin 3
Katherine Brown 3
Anita Schroeder 3

YEARS

Bobbi Tehrani 3
Michael Liskeiy 3
Thomas Poston 3
Jeffrey Lockwood 2
Kenneth Taylor 2
Barbara Andrews 2
Austin Lynch 2
Kristopher Pittman 2
Abigail Kuykendall 2
Cameron Woods 2
Kyle Cohlmia 1
Jasymn Scott 1
Gina NeeDels 1
Jean Longo 1
Kristen Merritt 1
Brittany Carson 1
Matthew Evans 1
Sophia Kuschel 1

February 2018

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>4 Donee Koons, James Moak, Desmond Doh, Abigail Kuykendall, Cynthia Sapper, Earnest Seeds, Dawn Terrell, Stephanie Skiles</td>
<td>5 Xiao-Bing Li Michael Fenner Elizabeth Friel</td>
<td>6 Asal Abar, Blake Fetti, Jeffrey Lockwood, Crystal Morgan, Classiohe Walker, Danny Vaughan, Terrey Harvey</td>
<td>7 Jean Longo</td>
<td>1 James Bidack Caterina white Jeremy Corley Melissa Griffin</td>
<td>2 Pamela Lumen Dwight Adams Erin Williams</td>
<td>3 Lisa Choosback Meilinda Snder, Robyn Ellison, Eugene Reiman, Lindsay Rogers, Carla Sueri, Cht Ruhn, Stephanie Spencer, Liliya McCoy</td>
</tr>
<tr>
<td>11 Michael Geib John Springer</td>
<td>12 Emily Overocker Alana McAnally</td>
<td>13 Warren Dickson Jingfen Guo Fran Pettiess Myung-Ah Park</td>
<td></td>
<td>8 Samuel Lawrence Linh Pham, Erika Cerda, Angela Holmes-Krober, Sherry Selanders</td>
<td>9 Sean Mi Choi Mark Hariebut Cristi Moore Lucille Seem Valerie Wilson</td>
<td>10 Lauren Waters Deborah Farrel-Lynn, Robert Claibitz, Jennifer Stone, Evan Hartwell</td>
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</tbody>
</table>
February is Heart Health Month

The symbol of love and guardian of life is your heart. The heart is an amazing machine that we often take for granted. Maintaining a healthy lifestyle through exercise and a well-balanced diet are one of the keys to keeping your heart in shape. Cardiovascular Disease (CVD) is one of the top killers among men and women in the United States. CVD is also linked to other risk factors that can affect your health such as: Diabetes, Obesity, High blood pressure, and high cholesterol to name a few. Remember that prevention is key when it comes to heart disease.

What are you doing to keep your heart beating strong?

Celebrate Heart Health Month by Joining in on our Healthy Heart Challenge!

Improve your heart health by signing up for our 28-day challenge. Take part in quick and easy daily challenges that will help reduce your risk of Cardiovascular Disease!

The challenge will consist of:
- Weekly e-mails
- Daily tips, challenges, or resources to help you maintain or improve your heart health
- Free weekly blood pressure screenings

To sign up for the Healthy Heart Challenge click on the link here: Heart Healthy Month

Please contact Khari Huff at 405-974-3119 or e-mail khuff4@uco.edu for additional information