


### Healthy Workplace Information and Events

The Healthy Workplace Committee (HWC) would like to hear from you. If you have any ideas or information to share, please contact any of the [HWC committee members](#). The HWC meets once a month to ensure the university is a healthy, safe and supportive place to work.

 Train Like an Olympian by taking the 2014 Active for Living Challenge offered by the [Campus Recreation and Wellness Centre \(CRWC\)](#). There are some great prizes to win! You can also test-drive the [YMCA's programs](#) for two free weeks. Please visit the Human Resources website under Healthy Workplace — [Train Like an Olympian](#) for more information.

The 2014 Winter Olympics is just around the corner and the HWC invites you to a challenge for the month of February! Using the Olympic games as part of your motivation, simply print the [February Wellness Initiatives Calendar](#) and highlight the days you meet with success in achieving the daily challenge. For more information, visit the [Healthy Workplace](#) website.

### January Issue of Balance Newsletter

You will be more likely to make healthy choices if you have healthy options available. In this edition of Balance, discover budgeting for fitness, work-life balance tips and learn how to make nutrition work for you. Please visit the January issue of [Balance](#) for more information.

### Emergency Travel—Pleasure and Business

Are you planning a trip or perhaps attending a conference soon?

Emergency travel assistance is available for you and your eligible family members while you are travelling out of province for up to 60 days. We recommend that you bring your [Sun Life Travel Benefit and Medi-](#)

[Passport Travel Card](#) with you when you travel. It lists important telephone numbers and the information you need to confirm you coverage and receive assistance while you are travelling. See [Emergency Travel—Pleasure and Business](#) for more information.

### REMINDERS

- The Extended Health, Dental and Health Care Expense Account (HCEA) claims incurred in 2013 must be received by Sun Life **on or before March 31, 2014**. Please take the time to submit your 2013 claims to Sun Life by this date as claims received after this date will **not** be processed.
- The Dependent Tuition Assistance Program ([DTAP applications](#)) for the 2014 Winter term must be emailed to [uoitpensionandbenefits@uoit.ca](mailto:uoitpensionandbenefits@uoit.ca) by **February 14, 2014**. Applications received after this date will **not** be processed. Reimbursement cheques are expected to be available the week of April 7th.

### Lunch and Learn Session:

Stay tuned for our upcoming lunch and Learn sessions on:

- Healthy Active Living
- Nutrition

Both these sessions will be held at UOIT's North and Downtown Campus locations.

### Pension Information

Please visit [Retirement and Financial Resources](#) on the Human Resources website, under [UOIT Pension](#). You will find helpful Information on the Canada Pension Plan, Old Age Security, and Financial Planning.

The [UOIT Pension Plan Q4 2013 Investment](#) Rates of Return are now available on the Human Resources Website.

### Suggestion Box:

**We welcome your thoughts and questions! If you would like to see a specific Pension and Benefits topic addressed in this newsletter, please send your suggestion(s) to: [uoitpensionandbenefits@uoit.ca](mailto:uoitpensionandbenefits@uoit.ca)**