

## Office of People and Culture

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# Wellness Newsletter



## THRIVE @ LOYOLA

### Caring for Our Common Home

#### Quarterly Wellness Newsletter

#### Spring 2026, Volume 4

As we step into spring, it's the perfect opportunity to refresh our routines, renew our energy, and prioritize preventive care. At Loyola, we remain deeply committed to supporting your physical, mental, and financial well-being—living out our shared value of *cura personalis*, or care for the whole person.

This season brings continued enhancements to our programs, greater operational clarity, and meaningful opportunities for employee engagement. Inside, you'll find helpful reminders, key program updates, and information about upcoming wellness-focused events designed to support you both professionally and personally.

## WHAT'S NEW?

### April is National Stress Awareness Month

Managing stress supports both mental and physical well-being. Recognizing the signs of stress, building resilience, and knowing where  
the [Sleep Well to Live Well podcast](#) featured below, for helpful tips and tools.

Save the Date - FY27 Open Enrollment

[Benefit Eligibility](#)[Benefits Enrollment](#)[Health and Wellness](#)[Retirement](#)[Summary Plan Descriptions](#)[Leave](#)[Lactation Accommodation Policy  
The Lactation Room](#)[Child Care Voucher Program](#)[Tuition Remission Benefits](#)[Employee Assistance](#)[Perks/Discounts](#)[Workers Compensation](#)[Job Openings](#)

## Work/Life

[Holiday Schedule](#)

- Starts April 27, 2026. Ends May 8, 2026
- Benefits Fair on April 30, 2026 from 10 am to 1 pm in McGuire Hall
- Be on the lookout for more information coming soon

## Prioritize Preventive Care



Spring is the perfect reminder to schedule recommended preventive screenings and annual check-ups. Most preventive services are covered 100% in-network. Log in to [myCigna](#) to see if it's time for your annual physical exam. It's an easy way to complete one of your wellness steps.

## Maximize Your Retirement Plan and HSA Contributions



The IRS sets annual limits for both the retirement plans and the HSA. Employees can update their contributions anytime during the year, outside of open enrollment. View the new annual limits below or visit the [retirement plan page](#) and [HSA page](#) for details including how to update your contributions.

PLANS	ANNUAL CONTRIBUTION LIMITS	AGE BASED ANNUAL CONTRIBUTION LIMITS
403b + Roth 403b (Combined)	\$ 24,500	\$ 32,500 (age 50+)
HSA - Employee Only Coverage	\$ 4,400 (EE ER total)	\$ 5,400 (age 55+, EE ER total)
HSA - 2 Party Family Coverage	\$ 8,750 (EE ER total)	\$ 9,750 (age 55+, EE ER total)

## Retirement Plan Catch-up Contribution Changes under SECURE 2.0

If you're age 50 or older, earned more than \$145,000 in the prior calendar year, and contribute the maximum amount, your catch-up contributions will automatically be made as Roth (post-tax) to your 403(b) account. This means you'll pay taxes now, but enjoy tax-free withdrawals later. Plus, if you're between ages 60 and 63, you qualify for an even higher catch-up limit. Speak with a TIAA plan advisor at 800-842-2252 or log in to your [TIAA account](#) to schedule a consultation.

Perks/Discounts

Loyola Athletics Tickets

Outdoor Adventure Experience for Employees

Professional Development Calendar

Employee Assistance Program

Employment Service Income Verification

Loyola Employee Resource Guide

Loyola University Maryland Acronym Terminology Guide

## Policies/Resources

Policy Manual

Ethics Point

Title IX

Harassment and Discrimination Policy and Procedures

Student Respondent Sexual and Gender-Based Misconduct Investigation and Hearing Procedures

## Add/Update your Beneficiary in Workday



Open enrollment is around the corner so this is a good time to review your beneficiary information. This is very important as all benefits-eligible employees are automatically enrolled in the Core Life Insurance plan. In addition to life insurance, beneficiary information is also needed for the retirement plan and HSA.

- Review/update your life insurance and HSA (if enrolled) beneficiary information in [Workday](#).
- Review/update your 403(b) beneficiary information online at [TIAA](#).



## Loyola Wellness Community

Be healthy, active, and inspired. Loyola's [Recreation and Wellness](#) department offers to support physical fitness, mental wellbeing, and overall lifestyle —through group classes, wellness programs, outdoor adventures, and more.



## Spiritual Wellness

Explore spiritual wellness through reflection, faith, and connection. Loyola's [Campus Ministry](#) offers opportunities for prayer, retreats, service, and community - welcoming all backgrounds and beliefs. Discover resources that support your journey toward meaning, purpose, and belonging.

## Wellness Incentives for Cigna Members



- The FY27 Wellness Incentive Period starts on July 1, 2026 and ends on October 31, 2026.
  - Complete your online Health Assessment.
  - Have a completed annual physical/wellness exam between July 1, 2025 to October 31, 2026.
- Click a link below to get started.

[Start your Wellness Steps](#)  
[Wellness/Non Wellness Premiums](#)  
[Loyola Wellness](#)

## Employee Assistance Program



The Employee Assistance Program (EAP) managed by Acentra Health, offers all benefits-eligible employees and their family members free, confidential support, 24/7, 365 days a year at 800-765-0770 or [EAPHelpLink](#). Enter Company Code "LOYOLA".

### Monthly Themed Tip Sheets and Webinars

April 2026	March 2026	February 2026	January 2026	Past Editions
Coming Soon				

### EAP Podcasts



<a href="#">Sleep Well to Live Well</a>	▼
<a href="#">Holiday Stress</a>	▼
<a href="#">Dry January</a>	▼
<a href="#">The Science of Gratitude and Well-being</a>	▼



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## Health Tools and Resources

Cigna's well-being resources and digital tools make it easier for participants to manage whole-person health, anytime, anywhere. Through the myCigna® web and mobile experience, members can view claims and benefits, find in-network care and cost estimates, access digital ID cards, and connect to virtual visits (including urgent care, behavioral health, dermatology, and wellness assessments), often at low or \$0 cost depending on the plan. Cigna's national virtual care network—such as MDLIVE—offers on-demand access to board-certified clinicians and preventive screenings, with prescriptions sent to a preferred pharmacy when appropriate. Beyond care delivery, Cigna provides evidence-based programs and coaching for stress management, weight management, tobacco cessation, and common behavioral health needs to help employees build healthy habits and resilience. Availability and features vary by plan; members can log in to myCigna to see what's included for them.

- [myCigna](#)
- [MDLIVE](#)
- [Happify](#)
- [iPrevail](#)

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## Financial Well-Being



Financial wellness is key to your overall well-being. Whether you're budgeting, saving, or planning for retirement, Loyola offers tools and guidance to help you make informed decisions and reduce financial stress. Explore resources designed to support your goals - so you can focus on what matters most.

**Free Live and On-Demand Financial Webinars**



TIAA: Saving for Retirement

EAP: Financial Center

### Educational Benefits



- 2026-27 Tuition Exchange and FACHEX Online Applications now available at [TEP.org](#).
- General Tuition Remission benefits information for employees and spouse? Visit [Tuition Remission](#) page.

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## Wellness Calendar Highlights



### March

Self-Injury Awareness Day (1)  
World Obesity Day (4)  
National Sleep Awareness Week (8–14)  
World Kidney Day (12)  
World Sleep Day (13)  
Brain Awareness Week (16–22)  
National LGBTQ Health Awareness Week (16–20)  
Certified Nurses Day (19)  
International Day of Happiness (20)  
American Diabetes Alert Day (24)  
World TB Day (24)  
World Bipolar Day (30)  
International Transgender Day of Visibility (31)  
National Nutrition Month  
National Kidney Month

### April

National Employee Benefits Day (2)  
World Health Day (7)  
National Alcohol Screening Day (9)  
National Healthy Schools Day (8)  
National Public Health Week (7-13)  
Earth Day (22)  
World Immunization Week (24-30)  
National Stress Awareness Month  
Sexual Assault Awareness and Prevention Month

BIPOC Health Month  
National Arab American Heritage Month  
Alcohol Awareness Month  
Autism Month

## May

Maternal Mental Health Awareness Week (4-10)  
Tardive Dyskinesia Awareness Week (4-10)  
National Day of Prayer (7)  
National Children's Mental Health Awareness Day (7)  
International Day of Action for Women's Health (28)  
World No Tobacco Day (31)  
Arthritis Awareness Month  
Better Sleep Month  
Lupus Awareness Month  
Melanoma and Skin Cancer Awareness Month  
Mental Health Month  
Osteoporosis Awareness and Prevention Month  
Women's Health Month  
Asian American and Pacific Islander Heritage Month

Visit [nationalforum.org](https://nationalforum.org) for more wellness awareness and activities.



## Past Editions

Summer 2025

Fall 2025

Winter 2026

*Disclaimer: Content in this newsletter is for informational purposes only and does not replace official policies or plan documents. For accurate benefits details, refer to the appropriate OPC materials. Loyola is not responsible for the content or services of external websites or vendors mentioned.*

Let's stay in touch!

Request information

Connect with an admission counselor



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