

OFFICE OF PEOPLE AND CULTURE

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Wellness Newsletter



THRIVE @ LOYOLA

Caring for Our Common Home

Quarterly Wellness Newsletter

Summer 2026, Volume 5

With summer in full swing, it's the perfect time to step back, recharge, and prioritize what matters most, your well-being. Whether you're enjoying time outdoors, planning a vacation, or simply embracing a slower pace, small wellness-focused choices can make a big impact. In this edition, you'll find ideas and resources to help support your health, build resilience, manage stress, and make the most of the season ahead. Here's to a safe, healthy, and enjoyable summer!

WHAT'S NEW?

OPC's Annual Ice cream Social

Nothing says summer quite like ice cream! Join us by taking a well-deserved break for our annual Employee Appreciation Ice Cream Social on Tuesday, August 25th from 12:30–2:30 PM at the Evergreen Campus Humanities Porch.

July Wellness Focus: BIPOC Mental Health Awareness

BIPOC Mental Health Month (formerly National Minority Mental Health Awareness Month) is a time to raise awareness of the unique mental health challenges faced by Black, Indigenous, and People of Color while promoting access to resources, support, and culturally responsive care. Mental well-being is an important part of overall health, and fostering open conversations can help reduce stigma and encourage individuals to seek support when needed.

This month, take a moment to check in with yourself and others, practice self-care, and explore resources that support emotional well-being. By creating a culture of understanding, inclusion, and compassion, we can help ensure everyone feels seen, supported, and empowered to prioritize their mental health.

Wellness Tip: Mental health matters every day. Reach out to a trusted friend, family member, colleague, or professional if you need support—and remember that seeking help is a sign of strength, not weakness.

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WORK/LIFE

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Get Help

- 988 Suicide & Crisis Lifeline: Call or text 988 or chat at 988lifeline.org/chat
- Cigna Veteran Support Line: Call 855-244-6211
- Loyola's EAP: 800-765-0770, 24 hours a day, 7 days a week

Summer Fun - Tickets at Work



Use your employee discounts with these participating partners. Get details at [TicketsatWork](#).

World-Class Brands. Real-World Value.

Access TOP employee discounts on travel and everyday essentials.

Your employees can save with partners they already know and love:

2026 - 2027 Plan Year Reminders



- Complete your Wellness Steps at [myCigna](#) before October 31, 2026 or visit the [Wellness page for details](#)
- If you're due for an annual physical exam, schedule one as soon as possible. Consider a virtual wellness screening which satisfies the wellness step
- Review and update your Beneficiary information in Workday
- 403(b) employer contribution changes on July 1. Read the [announcement](#)

IRS Maximums for 403(b) and HSA



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

Loyola Athletics Tickets

Outdoor Adventure Experience for Employees

Professional Development Calendar

Employee Assistance Program

Employment & Income Verification Service

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

Reasonable Accommodations

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.

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](#).
- You can now add your favorite charity (501c org) as a beneficiary
- 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

JUNE 2026	JULY 2026	AUGUST 2026	PAST EDITIONS	
Creating Safe Spaces: Supporting LGBTQ+ Inclusion				
Tip Sheet				
Webinar				

EAP PODCASTS

[The Brain Under Stress. Understanding Trauma & Recovery](#)[Mental Health at Work: Recognizing Anxiety, Depression, and Building Resilience](#)[Podcast Library](#)

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](#)

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



PersonalSAGE Retirement Workshop

TIAA: Saving for Retirement

EAP: Financial Center

EDUCATIONAL BENEFITS



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

Wellness Calendar Highlights



June

CPR & AED Awareness Week (1-7)
World Environment Day (5)
National Cancer Survivors Day (1st Sunday)
World Blood Donor Day (14)
Elder Abuse Awareness Day (15)
Juneteenth (19)
International Day of Yoga (21)
National PTSD Awareness Day (27)
Men's Health Education and Awareness Month

PTSD Awareness Month
Alzheimer's & Brain Awareness Month
National Safety Month
National Scleroderma Awareness Month
Pride Month
Tourette Syndrome Awareness Month

July

International Joke Day (1)
Independence Day (4)
World Population Day (11)
World Day for International Justice (17)
International Self-Care Day (24)
UV Safety Awareness Month
Minority Mental Health Awareness Month
Cord Blood Awareness Month
Eye Injury Prevention Month
Social Wellness Month
Juvenile Arthritis Awareness Month
Sandwich Generation Month

August

August 1–7: World Breastfeeding Week (1-7)
August 8: International Allyship Day (8)
August 12: International Youth Day (12)
August 19: World Humanitarian Day (19)
August 26: Women's Equality Day (26)
August 31: International Overdose Awareness Day (31)
National Wellness Month
Immunization Awareness Month
Children's Eye Health and Safety Month
Breastfeeding Awareness Month
National Minority Donor Awareness Month

Visit nationalforum.org for more wellness awareness and activities.



Past Editions

Summer 2025

Fall 2025

Winter 2026

Spring 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!

Join our mailing list to learn more about Loyola

Request information

Connect with an admission counselor



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