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Wellness Newsletter



THRIVE @ LOYOLA

Caring for Our Common Home
 Quarterly Wellness Newsletter
 Winter 2026, Volume 3

Winter is here, and it's the perfect time to focus on feeling your best. In this edition, you'll find simple ways to stay active indoors, boost your mood during shorter days, and keep your energy up with seasonal wellness tips. Loyola continues to focus on employee wellbeing, operational clarity, and inclusive engagement. Inside, you'll find important reminders about wellness incentives, policy updates, and upcoming events designed to support you professionally and personally.

WHAT'S NEW?

Black History Month Spotlight



Heart Health & Legacy: Dr. Daniel Hale Williams performed one of the world's first successful open-heart surgeries in 1893 — repairing a wound to the protective sac around the heart. Read more about [Dr. Williams](#).

Maximize Your Retirement Plan and HSA Contributions



Employees can now contribute more to their Loyola retirement plan and their health savings account. View the quick comparison below or visit the [retirement plan page](#) and [HSA page](#) for details.

PLANS	2025 MAXIMUM CONTRIBUTION	2026 MAXIMUM CONTRIBUTION	2026 MAXIMUM WITH CATCH-UP CONTRIBUTION
403b/Roth 403b	\$ 23,500	\$ 24,500	\$ 32,500 (age 50+)
HSA - Employee Only Coverage	\$ 4,150 (EE & ER total)	\$ 4,400 (EE & ER total)	\$ 5,400 (age 55+, EE & ER total)
HSA - 2 Party & Family Coverage	\$ 8,300 (EE & ER total)	\$ 8,750 (EE & ER total)	\$ 9,750 (age 55+, EE & ER total)

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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.

Mid-Year Benefits Check-in



We're halfway through the plan year - are your benefits working for you? Take a moment to review your health, wellness, and financial options to stay on track for the rest of the year.

- Review/update your life insurance beneficiary information in [Workday](#).
- Review/update your 403(b) beneficiary information online at [TIAA](#).
- Review Loyola's Health and Wellness Programs in the [Employee Benefits Summary Guide](#).

New Year, New Healthy You



Explore coaching and tools for stress, healthy weight, and tobacco-free living available through [myCigna](#)®. Cigna enrollment is not necessary to view the following resources, however only participants can access myCigna.

[Change a Habit by Setting Goals](#)

[Weight Management](#)

[Cervical Cancer Screening](#) (2 min video)

[Omada Weight Loss Program](#) for Cigna Participants

February is American Heart Month



A national observance dedicated to raising awareness about cardiovascular health and the importance of prevention. Throughout the month, we encourage everyone to take proactive steps toward maintaining a healthy heart by staying informed, making mindful lifestyle choices, and supporting wellness initiatives that promote long-term well-being.

Quick Tip: ... Take a brisk 10-minute walk today. Just a short walk can help boost circulation, lower stress, and support overall heart health. Easy, quick, and effective!

Hope & Renewal Prayer Service



On February 6, 2026 at 10 am, Campus Ministry will hold their 8th annual [Interfaith Hope and Renewal Prayer Service](#) (H.A.R.P.S.) in the Alumni Memorial Chapel. The community is invited to gather in prayers, readings, reflections and blessings from various faith traditions to inspire hope and renewal at this time of the year.

[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](#)





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



- Don't forget to complete your online Health Assessment before midnight on 10/31/25.
- Make sure you've completed your annual preventative exam (physical or wellness exam) within the last 12 months.
- Click a link below to get started.



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](#). Use company code "LOYOLA".

Monthly Themed Tip Sheets and Webinars

February 2026	January 2026	December 2025	Past Editions
<p>The Role of Hobbies in Work-Life Balance</p> <p>Tip Sheet</p> <p>Webinar</p>			



Holiday Stress	
Dry January	
The Science of Gratitude and Well-being	
Seasonal Affective Disorder	

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



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

Wellness Awareness & Activities



January

International Mind-Body Wellness Day (3rd)
Celebration of Life Day (22nd)
National Compliment Day (24th)
National Fun at Work Day (30th)
Cervical Health Awareness Month
National Blood Donor Month
Thyroid Awareness Month
National Glaucoma Awareness Month

February

World Cancer Day (4th)
National Donor Day (14th)
Founding of Mental Health America (19th)
Eating Disorders Awareness Week (Feb 23rd–Mar 1st)
American Heart Month
National Cancer Prevention Month

March

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

Visit [MHA](#) for more wellness activities.



Wellness Newsletter Past Editions

Summer 2025

Fall 2025

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.

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