



# 10th Annual Benefits and Wellness Fair



**Who:** You and Your Family  
**Date:** Thursday, October 29, 2009  
**Time:** 11:00 a.m. - 3:00 p.m.  
**Place:** Ridler Field House



Now that Open Enrollment season is upon us, it is time for our Annual Benefits and Wellness Fair. At this open forum, our benefit providers will be available to address questions regarding your coverage. In addition, vendors from our community will be available to offer some helpful benefit and management tips. Representatives at the fair will include:

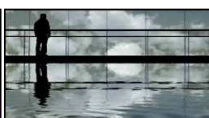
- **Alliance Health & Life (HAP)** Medical Insurance EPO & PPO - health literature and interactive display
- **American Dental Network** Dental Insurance
- **Blue Care Network** Medical Insurance - HMO
- **Costco** Membership promotion, retail warehouse (with snacks)
- **EyeMed Vision Care** Vision plan information
- **Gallagher/Rains Benefits Consultants**
- **Gift of Life-Michigan** Promote organ & tissue donations
- **HAP Worksite Wellness Program** Flu shots, body fat analysis, blood pressure check, healthy meals with Chef Paul and chair massages
- **Huntington Bank** University banking services
- **Liberty Mutual Insurance** Discount auto/homeowners insurance
- **LTU Campus Safety Department** Crime prevention
- **LTU Library** Providing health information via databases
- **Michigan First Credit Union** University banking service
- **Oakland County Health Department** Diabetes, cancer awareness, smoking cessation information
- **Pre-Paid Legal Service and Identity Theft Shield**
- **Ridler Field House** Membership and fitness class promotion
- **Sprint PCS** Promotion/discounts, products and services
- **Social Security Administration**
- **The Standard** Life insurance, long-term disability, employee assistance program, medex travel assist
- **TIAA-CREF** Retirement Savings
- **Trader Joes** Healthy snacks
- **WageWorks** Health and dependent care FSA plans - Information will be available
- **Weight Watchers** Promotional information including weight management and at work programs



Physical  
Wellness



Social  
Wellness



Emotional  
Wellness



Financial  
Wellness



Spiritual  
Wellness



Nutritional  
Wellness