

MSU Texas Human Resources

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Great Colleges to Work For Survey

As part of our Values-Based Journey, Midwestern State University is participating in the Great Colleges to Work For program. We are committed to taking care of our students, faculty, and staff; therefore, we view this survey as a great opportunity to assess the climate of our campus and to demonstrate our desire to listen to your feedback. The survey is completely confidential; our institution will not be able to trace results back to individuals. Your survey will be processed by ModernThink LLC, an independent firm focused on improving workplace quality in higher education. The data we receive will be helpful as we continue the process of creating the best workplace possible.

If you have not received your survey link from Great Colleges/Modern Think, please reach out to dawn.fisher@msutexas.edu

Is Retirement in Your Future?

If you are considering retirement, it is important that you contact Courtney Grimes, Assistant Director of Human Resources, at least four to six months prior to the expected retirement date to determine your eligibility for retirement benefits. For TRS members, a request must be made to TRS for your retirement estimate, forms, and official benefit statement. The request is confidential and does not obligate you to complete the

retirement process. Prospective TRS and ORP retirees should also learn about retirement entitlements such as health and life insurance options. Advanced planning will allow time to make important decisions and choose your options carefully. Please contact Courtney Grimes at extension 4784 well in advance of your retirement date to schedule an appointment.

How Does Your TRS Pension Fund Work

Understanding your TRS pension fund is easier than it sounds. Explore our [“Understanding Your Pension Fund” video series](#) to learn more. You’ll see how the health of the fund is calculated, benefit enhancements are paid for, and assumptions on investment returns are estimated. Each video is only about three minutes long.

WONDR HEALTH

Midwestern State University is offering the chance to lose weight and improve your health—at no cost to you—with Wondr™.

Wondr is a digital behavioral change program that teaches skills to help you create a healthy relationship with food, lose weight, sleep better, lower stress, and improve your overall quality of life—without counting calories, restricting foods, or giving up the foods you love.

For more information or to apply, visit <https://wondrhealth.com/>

Life-changing support through a holistic approach

Dealing with a serious or chronic medical condition can be a struggle just to get through the day, let alone managing health concerns through the health care system. Fortunately, if you’re in a HealthSelect of Texas® medical plan, you don’t have to do it on your own.

Under the holistic approach, BCBSTX's care management teams include a variety of professionals to help across a range of needs and issues. Clinicians help people with all types of questions about many health issues and can assist in finding health care providers and follow up to help you stick with your provider's treatment plan. Social workers can help you overcome barriers to getting the care and support you need. They work with you to identify emotional, financial and social issues that may make it harder to do your daily activities. Mental health clinicians are also available.

Care management is available to HealthSelect medical plan participants at no out-of-pocket cost.

If you have questions about a physical or mental health concern or need additional support, you can reach the BCBSTX care management team at **(800) 252-8039 (TTY:711)** between 8 a.m. and 6:30 p.m. CT Monday – Friday. Simply ask to speak with a clinician.

ERS Calendar of Events

Please visit the [ERS Events Calendar](#) for webinars that you can attend at your computer. ERS offers many webinars such as Medicare Preparation, Ready, Set, Retire for Higher Education Institutions, Summer Enrollment, Wellness, and many other topics. Stay connected to ERS by subscribing to [ERS Updates](#). Please remember that ERS administers our insurance benefits only and not retirement. Retirement is through TRS or ORP.

Employee Appreciation

We had a great time celebrating Employee Appreciation Day.

Let's give a shout out of appreciation to ALL of our wonderful faculty and staff for their dedication.

Congratulations to our giveaway winners!

- Christina Perkins, Custodian
- Robin Reid, Multimedia Specialist
- Shawn Smith, HVAC Controls/Maintenance Technician
- Shana House, Administrative Assistant in Residence Life and Housing
- Dr. Pat Mitchell, Professor and Interim Chair of Math

A special thank you to Public Information, Athletics, University Advancement, and Student Affairs for sponsoring the giveaway prizes.

