Don't miss out on getting your annual flu shot! WHOI is offering the convenience of an onsite Flu Clinic during the Annual Benefits, Health and Wellness Fair from 9am—1pm in Clark 509. Flu shots are free to all BCBS of Massachusetts members. You will just need to present your BCBSMA ID card. For non-BCBSMA members, there is a fee of $23 and must be paid at the time of service by cash or check (checks payable to Maxim Health Systems).

For additional information about the 2012-2013 influenza season, please visit the Centers for Disease Control and Prevention (CDC) website at:
http://www.cdc.gov/flu/freeresources/index.htm

Annual Benefits, Health and Wellness Fair

October 22nd, 10:00am - 1:00pm, Clark (5th Floor)

All employees are encouraged to attend the annual Benefits, Health and Wellness Fair being held on October 22nd. This is a great opportunity to learn more about the benefits and programs offered at WHOI as well as personally meet with and speak to our benefits vendors and insurance carriers.

IMPORTANT CONTACTS:

- **Onsite Flu Clinic**—Free for BCBSMA members!
- **BlueCross BlueShield of MA**—Group Health Insurance provider
- **Delta Dental**—Group Dental Insurance provider
- **Diversified**—403(b) Defined Contribution Retirement Plan provider
- **Benefit Strategies**—Healthcare Flexible Spending Accounts (FSA) and Health Reimbursement Account (HRA)
- **Cigna**—Life Insurance, AD&D, and Disability
- **Liberty Mutual**—Group Home/Auto/Boat/Umbrella Insurance
- **Trader Joe's**– Healthy snack handouts
- **The Wellness Corporation**—Employee & Student Assistance Program (ESAP) and Work/Life benefits
- **Health Screenings**—Blood pressure
- **Cape Cod Beach Therapy**—Free Chair Massage
- **BJ's Wholesale Club**—Discount membership
- **Human Resources**
- **WHOI Environmental, Health and Safety Office**
- **Walko Chiropractic**—Body Fat Analysis
- **Laura Hartung**—Healthy Cooking Demonstration
- **Refreshments, Giveaways and Raffles!**

And, did you know that WHOI also offers these additional benefits? You can find out more about them at the Fair!

- Interest-free Computer Loans, and Interest-free Tuition Loans for Children
- Child Care Subsidy ($2/hour up to $2,000/year per child)
- Employee Education Reimbursement (up to $5,250/year for eligible courses of study)