



THE DEEP DIVE

Benefits, Wellness, & Retirement Newsletter

The Office Of Human Resources

Summer 2024

On this Edition ...

- NSU MONEY MATTERS - FINANCIAL WELLNESS EDUCATIONAL SESSIONS WITH TRUIST MOMENTUM
- BRIGHTSTAR CREDIT UNION FOR NSU EMPLOYEES
- BANK OF AMERICA PREFERRED REWARDS FOR NSU EMPLOYEES
- EMPLOYEE WELLNESS SEMINARS FOR THE SUMMER
- FREE WELLNESS AND HEALTH PROGRAMS AND SERVICES
- RESOURCES FOR LIVING WEBINARS
- TIAA & CAPTRUST FREE PERSONALIZED ADVICE
- TIAA & CAPTRUST FINANCIAL WEBINARS





BENEFITS



TRUIST MOMENTUM IS HOSTING 4 UPCOMING WEBINARS COVERING EACH OF THE FIRST 5 PILLARS.

TO REGISTER, CLICK ON THE LINKS BELOW

Pillars 1 & 2 - Emergency Savings Account, Budgeting & Networth Calculation

July 17 @ 12:00 pm ET

Pillar 3 - Debt Management and FICO

July 24 @ 12:00 pm ET

Pillar 4 - Insurance and Estate Planning

July 31 @ 12:00 pm ET

Pillar 5 - Retirement

August 7 @ 12:00 pm ET



WE CONTINUE TO LOOK FOR EDUCATIONAL PROGRAMS AND BUSINESS AFFINITY RELATIONSHIPS TO BENEFIT YOU.

AS PART OF THESE EFFORTS, NSU CREATED A PARTNERSHIP WITH BRIGHTSTAR CREDIT UNION AS A WAY TO ENHANCE OUR FINANCIAL WELLNESS BENEFIT TO ALL OUR FACULTY AND STAFF

- REWARD CREDIT CARDS
- AUTO LOANS
- SKIP-A-PAY PROGRAMS
- IRA'S.

bscu.org/shark

All faculty and staff have special access to enroll in the Bank of America Preferred Rewards program at the Gold tier.

With Preferred Rewards, you'll enjoy a wide range of benefits and rewards like credit cards, saving accounts, special interest rates, and more.

BANK OF AMERICA 

Wherever you are in your life, whatever your priorities, Bank of America wants to help you pursue your financial goals.

[CLICK HERE](#) FOR MORE INFORMATION

BANK OF AMERICA IS
HOSTING TWO
FINANCIAL EDUCATIVE
ONLINE WEBINARS

TO SIGN UP, CLICK ON
THE TIME THAT BEST
FITS YOUR SCHEDULE

Financial Matters for Women
September 11, 2024
at
11:00am & at 2:00pm

Raising Financially Savvy Children
September 12, 2024
at
11:00am & 2:00pm



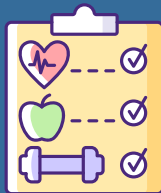
WELLNESS

Wellness Virtual Seminars for the Summer



Employee Wellness Seminar
with HCA: Melanoma
July 18, 2024 at 12:00pm

Employee Wellness Seminar with
HCA: Iron and Vitamin D Deficiency
August 8, 2024 at 12:00pm



FREE PROGRAMS AND SERVICES TO IMPROVE YOUR HEALTH AND MAXIMIZE YOUR BENEFITS

Whether it's kicking a bad habit, exercising more, changing your diet, or managing a chronic condition, we've got you covered with **FREE** phone support or digital self-service options.

We offer assistance for various health concerns, including:

- Tobacco cessation
- Stress
- Weight management
- Depression
- Diabetes
- Heart disease
- Asthma

IF YOU'RE READY TO
TAKE THE NEXT STEP,
GIVE US A CALL AT
855-838-5897



Watch and register for the latest webinars

Join live webinars on topics such as communication, stress, self-improvement and more. You can also view webinars on demand from our webinar library.

Select the links below to register today.



[Understanding Social Anxiety](#)

[August 1 @ 3:00 pm ET](#)



[Put Down the Gloves: Tips for Fighting Fair](#)

[August 15 @ 3:00 pm ET](#)



[Strengthening Your Relationship Through Life's Changes](#)

[August 22 @ 3:00 pm ET](#)



[Becoming Your Own Best Friend](#)

[August 22 @ 3:00 pm ET](#)



RETIREMENT



FOR ASSISTANCE WITH DIVERSIFICATION OF THE INVESTMENTS IN YOUR RETIREMENT PLAN ACCOUNT. YOU CAN REQUEST FOR A **FREE** PERSONALIZED FINANCIAL ADVICE SESSION FROM TIAA OR CAPTRUST.

CAPTRUST

800-967-9948

CAPTRUSTADVICE.COM/SCHEDULER



TIAA

800-732-8353

TIAA.ORG/SCHEDULENOW



REGISTER NOW



Your New TIAA: The Redesigned Online Experience

Jul 18 @ 12:00 pm ET

Basic Social Security Strategies

July 25 @ 3:00 pm ET

Financial Wellness & Mental Health

August 7 @ 2:00 pm ET

Opening Doors to the Future: Save in a 529 College Plan

August 13 @ 3:00 pm ET

Live with Confidence in Retirement: 5 Steps to Creating your Retirement Income Plan

August 21 @ 1:00 pm ET

Charting your Course: A Financial Guide for Women

September 11 @ 12:00 pm ET

**ATTENTION TO DETAIL: FINANCIAL FINISHING
TOUCHES FOR WOMEN**

SEPTEMBER 17 @ 2:00 PM ET

**WRITE YOUR NEXT CHAPTER: 5 STEPS TO SETTING
YOUR RETIREMENT DATE**

SEPTEMBER 25 @ 1:00 PM ET



CAPTRUST

REGISTER NOW



Managing and Reducing Financial Stress

July 17 @ 1:00 pm ET

Retirement Income Withdrawal Strategies

August 21 @ 1:00 pm ET

**TO VIEW A LIST OF ALL UPCOMING FINANCIAL
WELLNESS WEBINARS, CLICK HERE**

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**[Visit the Benefit's page
for more information](#)**

The logo for Nova Southeastern University (NSU), consisting of the letters "NSU" in a bold, dark blue, sans-serif font.