**Free Mobile Health Screenings in June**

**Take Your Health Risk Assessment and Enter to Win a Flip Video Camera!**

Health risk assessments will go mobile on the Stillwater campus in June and July for OSU employees with BlueEdge and BlueChoice insurance.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 15</td>
<td>7:30-9:30 a.m.</td>
<td>201 Spears School of Business</td>
</tr>
<tr>
<td>June 24</td>
<td>8:00-10:00 a.m.</td>
<td>106B Whitehurst</td>
</tr>
<tr>
<td>June 30</td>
<td>7:30-9:30 a.m.</td>
<td>Atrium, Noble Research Center</td>
</tr>
</tbody>
</table>

Complete both the measurements and online components of the assessment and receive an orange flash drive or an orange water bottle (while supplies last!)

Assessments will be administered on a first-come, first-served basis and employees are asked to fast (nothing to eat or drink after midnight). No appointment is necessary and there are no out-of-pocket expenses; applicable fees are billed to insurance.

If you register or log in to Blue Access for Members (BAM) between now and July 30, 2010, you will be put into a drawing for a chance to win a Flip Video Camera*!

If you have completed the HRA since January 1, 2010, you will also be eligible for the Flip Video Camera incentive.

*Sponsored by BlueCross BlueShield of Oklahoma.

**Raise the Rate Contest!**

$50,000 Grand Prize! $25,000 Endowment! Sponsored by TIAA-CREF

As part of TIAA-CREF’s longstanding commitment to provide financial services for the greater good, TIAA-CREF is launching an initiative to help Americans save more. And they want your help!

The United States personal savings rate is at 4 percent, well below what it needs to be. TIAA-CREF has put out a call on Facebook for groundbreaking ideas on how to raise the U.S. personal savings rate to 10 percent in two years.

Help OSU compete! Head to RaiseTheRateContest.org or go to http://hr.okstate.edu and click on the link from the home page.

Entering is easy! Any U.S. citizen age 18 or older who submits an idea has a shot at the $50,000 Grand Prize! Plus the college with the most entries from students, faculty, staff and alumni will receive a $25,000 endowment from TIAA-CREF.

Check out the video, facts, and tweets to learn more about the contest. Submit your idea online by July 20, 2010. The first 300 to enter get a free t-shirt!

**New! Roth 403(b) Option**

Effective July 1, your contributions to the OSU/A&M Voluntary 403(b) Retirement Plan may include after-tax contributions to a Roth 403(b) option. These contributions are made on an after-tax basis and would not reduce your taxable income like pre-tax contributions to a traditional 403(b) do, but they might provide the potential for some long-term benefits.

- **Tax-free distributions.** Withdrawals from a traditional 403(b) are taxed as ordinary income. By comparison, qualified distributions from a Roth 403(b) are tax-free. A distribution is “qualified” if funds are held for five years and the distribution is made on or after age 59 1/2, disability or death. Early withdrawals may be subject to income taxes and a 10% penalty tax.

- **No income tax for your beneficiaries.** The beneficiaries of your Roth 403(b) will not have to pay income tax on the assets in your account if it was open for at least five years. (Estate tax still may apply.)

- **$50,000 Grand Prize! $25,000 Endowment!** 

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Training Opportunities

If you plan to attend training seminars, please preregister to ensure we have adequate space and materials.

June
14 Bridging from Office 2003 to 2007
15&16 Publisher 2007 (Day 1&2)
16 Purchasing Policies and Procedures
16&17 Excel 2007 Level 1 (Day 1&2)
17 Coaching for Improved Performance
17&18 PowerPoint 2007 New Features (Day 1&2)
21&22 Outlook 2007 Level 1 (Day 1&2)
22 Information Security Awareness
22 Purchasing Card Training
22 Airfare and Lodging Training
22&23 Access 2007 Level 1 (Day 1&2)
23 Basic Personal Computer (PC) Introduction
24 International Etiquette and Culture
24 Workplace Etiquette
24&25 Word 2007 Level 1 (Day 1&2)
29&30 PowerPoint 2007 Level 1 (Day 1&2)

For a description of the classes, go to http://hr.okstate.edu or call Training Services, (405) 744-5374.

Are Your Dependents Still Dependents?

School is out. Now is a good time to review your dependent health, dental and vision coverage.

Dependent children are eligible until the end of the month in which they turn 26 years of age regardless of their student status or marital status. If you divorce, your former spouse is no longer eligible for coverage. Claims will not be paid, even if you failed to cancel coverage. If mistakenly paid, BlueCross BlueShield/the State Plan has the right to request repayment by the employee.

Please remember to notify Employee Services within 30 days of a change in eligibility to prevent additional premiums from being deducted from your paycheck.

Updated List of 403(b) Tax-Deferred Annuity Providers for 2010

403(b) plans, tax-deferred annuities, offer OSU employees an opportunity to set aside additional retirement savings on a voluntary basis. Contributions are deducted from your paycheck on a pre-tax basis (federal and state but not FICA). All employees paid through the OSU payroll system are eligible to participate.

The following are approved providers:

- American Century
- Modern Woodmen
- ASPIre
- OTRS
- AXA Equitable
- Security Benefit Life
- Life of the Southwest
- TIAA-CREF
- VALIC

If you are interested in opening an account, there is provider contact information available on the Human Resources website, http://hr.okstate.edu/benefits/infosheets.htm.

New Website Address for Planned Benefit Systems

Planned Benefit Systems (PBS) has a new website address, www.pbs.us.com. Please take a moment to update any internet bookmarks you may have on your computer. You can also reach PBS from the OSU Human Resources website, http://hr.okstate.edu.

PBS administers the Flexible Benefits plan for OSU.

OSU Human Resources developed this information for the convenience of OSU employees. It is a brief interpretation of more detailed and complex materials. If further clarification is needed, the actual law, policy and contract should be consulted as the authoritative source. OSU continually monitors benefits, policy and procedures and reserves the right to change, modify, amend, or terminate benefit programs at any time.