GLEW DECEMBER NEWSLETTER

GLW PROVIDER NEWS... Benefits Tip: Reminders

The GW Medical Faculty Associates

NEW! MFA DIRECT LINE FOR GW FACULTY & STAFF

Other readers have the right to know your repertoire too. As a reminder, Benefits continues to accept documentation in support of claims.

Deadline for Tuition Remission Graduate Course Exemption

For plan year 2020, participants in a Spending Account will be able to incur eligible expenses from January 1, 2020 through March 15, 2021. In addition to important FSA deadlines, you’ll also learn:

- How to activate your HSA
- How to fill a prescription if you haven’t received your ID card yet
- How to view, print and request permanent/temporary ID cards
- TrueRemove

BENEFITS REMINDERS...

- How to pre-authorize an out-of-network emergency hospital stay
- How to learn about your coverage
- How to make a PayFlex account
- How to set up your preferences

The GW Medical Faculty Associates... Trauma Informed Sessions for Faculty and Staff

GW’s Office of Advocacy and Support is conducting trauma-informed sessions for faculty and staff. The sessions

In a recent WUSA9 segment, GW Professor of Psychiatry Dr. Daniel Lewis discussed the impact of trauma on the brain and how it affects our behavior, mood and thinking patterns.

"What really matters the most for the human brain is the light. Our brain has evolved to adapt to changes in light. With shorter days, we may need more light to feel well and to feel healthy. Exposure to sunlight can have a positive effect on our mood and energy levels. During the winter months, we may need to increase our exposure to sunlight to combat the blues. This is why it’s important to get outside and expose yourself to as much light as possible. Exposure to sunlight can be a powerful mood booster. It can help reduce feelings of depression and anxiety. But it’s not just about the sunlight. It’s also about the time spent outside. Spending time in nature can help you feel more relaxed and connected to the world around you. It can also help you feel more energized and focused."