



Prioritize Your Health & Wellbeing



As we welcome the new year, CMU remains committed to supporting your health and wellbeing through a comprehensive benefit and wellbeing program designed with you in mind. Your health and wellbeing are vital to your success and happiness both at work and beyond.

Your Health, Our Priority

Medical Benefits:

- Your medical plans provide access, preventive care, and wellness resources to keep you and your family healthy. From routine check-ups, to managing chronic conditions, your medical benefits are designed to support your overall health journey.

Dental Benefits:

- Getting preventive care like cleanings and exams, can prevent more serious health issues down the road.

Vision Benefits:

- Your vision benefits help cover eye exams, glasses, and contact lenses. Regular eye care can also detect early signs of health conditions, contributing to your overall wellness.

Wellbeing Support:

- We prioritize your overall well-being, offering a range of resources to support your physical, emotional, and financial wellness. Our partnership with Health Advocate provides personalized support for healthcare and wellness needs.

Find Your Benefits Information and Support

For detailed information about your benefits, how to access them, and your wellness resources, please visit the CMU Benefits and Wellness website:

<https://www.cmich.edu/about/human-resources/benefits-wellness>



HUMAN RESOURCES
BENEFITS & WELLNESS
CENTRAL MICHIGAN UNIVERSITY