



Top stories in this newsletter



Protect Yourself from
IDentity Theft



Shopping with a Purpose Grocery Tours
now available upon Request



Did you know.....?



Protect Yourself from IDentity Theft

Identity theft can happen to anyone, at any time, in person or online. Consumer.gov offers several tips to protect your personal information and identity:

At home:

- keep your financial records, Social Security and Medicare cards in a safe place
- review financial and medical statements for accuracy
- get your credit report yearly and review for errors
- enroll in an identity theft protection program
- shred papers that have your personal or medical information
- take mail out of your mailbox as soon as you can

As you do business:

- only give your Social Security number if you must. Ask if you can use another kind of identification
- do not give your personal information to someone who calls you or emails you

On the computer:

- use passwords that are not easy to guess. Use numbers and symbols when you can
- do not respond to emails or other messages that ask for personal information
- do not put personal information on a computer in a public place, like the library

CMU's employee discount partner, YouDecide.com, offers identity theft protection with FraudStop 360-Degree Protection through ID Experts. Visit youdecide.com/CMU or call 800-663-8180 to ask about the available discounts. If not a member, register using client ID CMU969.



Shopping with a Purpose Grocery Tours now available upon Request

Your health, it's Central! That's why we want to help you grocery shop with a purpose and provide tools for selecting foods that help you be at your best everyday. Through a partnership with CMU Nutrition and Dietetics faculty, dietetics students are prepared to help you navigate the aisles and address any special dietary needs you may have. Tours are now being offered on a request basis, so you can find a time that fits best with your schedule. Click [here](#) for more information about the tours and the request process.



Did you know.....?

- You can earn **500 Virgin PulsePoints every month** by recording your measurements (weight, blood pressure, cholesterol, etc.)
- You can earn **500 points each quarter** by setting your interests (daily cards are based on your interests)
- You can earn **250 points each quarter** for choosing your eating type and another **250 points** for choosing your sleeping profile.

The CMU Health Care Committee meets monthly and collaborates with the university by providing suggestions, input and feedback about various initiatives pertaining to benefits and wellness. It is not a decision-making body; instead, members act as liaisons for their respective employee groups.

Click [here](#) for contact information.