

## Employee Matters

April 2026

### Benefits Spotlight



#### Upcoming Changes to the Commuter Benefit Program

Starting July 2026, the process for purchasing transit passes and parking will change. If you are currently participating in the pre-tax commuter transit program, please [visit the commuter benefits website](#) for more information, key dates and FAQs.

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#### Attend a Physical Therapy Info Session with Hinge Health

Human Resources has partnered with [Hinge Health](#) to provide an educational webinar on **April 24 from 11:00-11:30 a.m.** Hinge Health is a coach-led digital program for people with chronic back, knee, or hip pain that delivers guided exercise therapy using wearable motion sensors and a free tablet computer. [Register for the webinar](#) to attend or receive a recording.

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#### Register for a Delta Dental Information Session

Delta Dental of Illinois, the new dental PPO administrator effective January 1, 2026, is hosting an info session on **May 14 from 1:00-2:00 p.m.** The session will provide an overview of the plan and the value of using a PPO provider to save more money on dental expenses, Smile Perks and more. [Register for the session](#).

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#### Have General Questions About Tuition Benefits? Here's What You Need to Know!

The Human Resources Benefits team has created a quick overview to help you [understand tuition benefits](#) eligibility, application deadlines, and what happens after you submit your application.

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#### Tell Us How About Your 2026 Benefits Transition Experience

There's still time to give us your feedback on your experiences with NU's new medical, prescription drug (Rx), and dental plans since January 1, 2026. Your feedback helps us understand the participant experience and identify opportunities for greater communication and support. Send your feedback to [benefits@northwestern.edu](mailto:benefits@northwestern.edu). Please note, this email should only be used to submit feedback. If you need assistance with your coverage, email [askHR@northwestern.edu](mailto:askHR@northwestern.edu) or call (847) 491-4700.

## Retirement 101 Info Session: How Much Saving is “Enough” for Retirement?

Human Resources has partnered with Fidelity Investments to offer an educational session on **April 30 at noon** focused on strategies to help you strengthen your retirement readiness. Learn about practical ways to save more now, along with tips for preserving and growing your savings throughout retirement. This session is open to all employees eligible for the Retirement Savings Plan, regardless of which recordkeeper (TIAA or Fidelity) you use. [Register for the session.](#)



## Caregiving



### This Week! Bright Horizons Evanston: Artsy Thursday

Get to know the Bright Horizons at Evanston community while engaging in an afternoon of artistic activities for you and your child on **April 16 from 4:00-6:00 p.m.** RSVP at [evanston@brighthorizons.com](mailto:evanston@brighthorizons.com) or schedule a visit at (312) 966-4789.

### Live Q&A for Parents Navigating the College Search

Bright Horizons is hosting a live Q&A webinar for families on **May 3 at 2:00 p.m.**, as part of their “Ask a College Expert” series on launching your college search. [Register for the session](#) to understand how to approach the college search process and planning for campus visits. The session will be recorded and shared with the registrants.

### Family Fun Day for Northwestern Caregivers

The [Women’s Center](#) & the [Organization of Women Faculty](#) (OWF) are hosting a Family Fun Day on Saturday **May 16 from 3:00-6:00 p.m.** [RSVP for the event](#) to connect with fellow NU caregivers, learn about resources for working parents, participate in fun kid-friendly games, and enjoy dinner and treats from local partners.

### Explore Care Talks Webinars this Spring!

Care Talks webinars are hosted by expert speakers that can help you navigate a variety of topics from child and adult care to wellness, finance, and more. Register for an upcoming Care Talks webinar or view the recordings through your [Care.com membership account](#). All webinars are at noon (CDT).

- April 22: Childcare & parenting: Parenting in the age of AI
- May 12: Navigating life with disabilities: Empowering kids and adults with ADHD
- May 20: Aging & adult care: Understanding caregiver burnout

## Well-being

### SupportLinc’s New Digital Experience is Now Live!

We’re excited to share that our [Employee Assistance Program](#), [SupportLinc](#) has launched a new, enhanced digital experience across desktop and mobile, with improved speed, accessibility, and self-guided resources; [learn more](#). You can access SupportLinc through [mysupportlinc.com](https://mysupportlinc.com) and the [myCuraLinc mobile app](#). If you’ve already created a SupportLinc account, no action is required.



## Supporting Mental Health: Awareness to Action Webinar

To honor Mental Health Awareness month in May, Benefits Wellbeing has partnered with our EAP SupportLinc to facilitate a one-hour mental health awareness webinar for the NU community on **May 6 at noon**. [Register for the webinar](#) to learn how to identify the signs of someone struggling with a mental health issue, connect with the person in a supportive and appropriate way, and guide them towards resources.

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## Upcoming Well-being Care Talks Webinars

Register for a Care Talks webinar, or view previous recordings through your [Care.com account](#). Webinars are available on a variety of well-being topics and take place at noon (CDT).

- April 28: Your healthy lifestyle: Healthy meal planning
- May 7: Emotional wellness: Mental health overview
- May 13: Financial wellness: Spend smarter, save better

## On Your Radar



### Curious about AI? Explore Northwestern's New AI Website

Northwestern IT has launched a new [AI section on its website](#). Explore the pages to learn about AI and how it works. Whether you're just starting out or looking to deepen your skillset, you will find guidance on approved tools, security and governance, and resources to connect you with people, programs, and conversations happening across Northwestern. While you're there, check out the resources curated specifically for [faculty](#), [staff](#), and [researchers](#).

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## Be Part of the Northwestern Community Conversation on Digital Accessibility

Northwestern University wants to hear from you! The University has created a survey to better understand its community's awareness of digital accessibility, where digital accessibility is present in day-to-day work, and where gaps in awareness, training and resources may exist. Your feedback will help the University strengthen its ongoing digital accessibility efforts, including training and support resources.

[Visit Northwestern's Accessibility website](#) to learn about existing resources and take a few minutes to [complete the survey](#)!

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## Less Paper, Less Carbon. Opt for a Paperless W-2!

It's tax season! Log into myHR to download your W-2 (myHR Self-Service > My W-2). While you are there, consider opting in to paperless delivery for your 2026 W-2. You will get faster access, a secure digital record anytime you need it, and help reduce paper and mailing waste on campus.

Here's how:

- Log in to [myHR Self Service](#)
- Click on the Pay Tile
- Select the "W-2 Electronic Consent" option

Check the box "I consent to opt out of receiving paper copies of my annual W-2 Tax Forms."

## Learn & Grow

### Prepare for Self-Reviews

As the end of the performance year approaches, staff can start preparing their Self-Review which is due in *myHR Learn* by June 1. Self-Reviews are an opportunity to concretely document achievements, increase the visibility of work throughout the year, and reflect on professional development.



Visit the [PEX Resources for Staff webpage](#) which includes a guide for [Writing Your Self-Review](#). Email us at [askhr@northwestern.edu](mailto:askhr@northwestern.edu) for any PEX-related questions.

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### Looking to Grow your Professional Skills this Spring?

Explore Human Resources' [Talent Development webpage](#) for information on free courses, training, resources and on-demand learning through *myHR Learn*, LinkedIn Learning, and Coursera. Start with a curated playlist or follow your curiosity and find learning that fits your schedule, right at your fingertips.

## Engagement

### Evanston Community Career Fair

Northwestern's Office of Neighborhood and Community Relations is sponsoring an Evanston Community Career Fair in partnership with Human Resources Talent Acquisition on **April 29, from 10:00 a.m.-2:00 p.m.** Evanston community members will meet with HR's Talent Acquisition team for resume reviews, mock interviews, and to learn about career opportunities at Northwestern. View the [event flyer](#).



### You're Invited: MFA Thesis Exhibition Opening at the Block Museum

Attend the opening celebration for *We can make any two stories touch* at the [Block Museum](#) on **May 7 from 5:00-8:00 p.m.** This exhibition features the thesis work of five MFA candidates from the Department of Art Theory and Practice. The exhibition will combine diverse materials and perspectives while marking an important milestone in the artists' emerging careers. [Submit your RSVP](#).

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### Hop Around Evanston This Spring with a Free Community Shuttle

Northwestern's Office of [Neighborhood and Community Relations](#) is partnering with the City of Evanston to launch *Hop Around Evanston*, a free Saturday evening shuttle running from **April 4 through June 20 from 6:00-9:00 p.m.** Available to students, faculty, staff and Evanston residents, this pilot program makes it easy to explore downtown and neighborhood business districts while supporting local restaurants and shops. Read about it in [Northwestern Now](#).

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### Build Staff Connections with the Association of Northwestern University Women

The Association of Northwestern University Women (ANUW) is a dedicated group of staff members who foster professional growth, build each other up, and have fun! ANUW's yearly calendar includes social events, mentorship opportunities, career building, and the upcoming Conversations with an Executive event. To learn more and join, please visit [ANUW.northwestern.edu](http://ANUW.northwestern.edu). To learn about other affinity groups, visit the [Office of Community Enrichment website](#).

## Inside HR



Missed a past issue of the *Employee Matters* newsletter? Check out our [newsletter webpage](#) for an archive of issues dating back 6 months.

The mission of **Human Resources** is to promote an innovative and inclusive workplace where all individuals thrive and collaborate to advance our Northwestern directions.

# Northwestern University



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