Northwestern | HUMAN RESOURCES

Employee Matters

October 2026

Exclusive Opportunity for the Northwestern Community

Get Discounted Tickets to See the Wildcats at the New Ryan Field

Experience the excitement of the new Ryan Field while you watch our Wildcats play Rutgers this **Saturday, Oct. 24 at 11 a.m.** Human Resources and NUSAC are pleased to announce discounted tickets ($32 each) for NU employees. **Visit the ticket site for details**.

Benefits Spotlight

Open Enrollment Starts Monday, Oct. 26

Northwestern's annual benefits Open Enrollment will take place from **Oct. 26 through Nov. 13, 2026**. Visit the **Open Enrollment webpage** to learn about your benefit plan options, access resources, and support.

Here are three more ways to prepare:

- Join the Benefits team for a one-hour overview of the benefit plans during an **Open Enrollment live virtual session**.
- Explore the **FAQs webpage** to find answers to frequently asked questions.
- Visit the **Benefits Fair website** to register for one-hour virtual sessions with our benefit vendors, learn about the plans, and get answers to your questions.

During Open Enrollment, we encourage you to review your current coverage and life insurance beneficiaries to ensure they meet your needs and those of your family.

Except for FSA and HSA elections, your current benefit elections will automatically carry over to 2027 unless you make a change during Open Enrollment.

Benefits Reminder: October Pharmacy Formulary Updates

Pharmacy formularies may be updated throughout the year to reflect new medications, clinical evidence, or changes in pricing. The CVS Caremark formulary, reflecting changes that took effect on **Oct. 1, 2026**, is available for you to **check your medications**. Learn more about the **Prescription Drug Formulary**.

Questions about your benefits? Start with askHR. Our front-line help desk is available to support you via email or phone at **askHR@northwestern.edu** or (847) 491-4700.

Well-Being Events

Northwestern's Flu & COVID-19 Vaccine Clinics

There's still time to get your flu and COVID-19 vaccines on campus! If you are a faculty, staff, or postdoc and enrolled in a University health plan you are covered for the vaccine and will be billed through your insurance. If you're covered under another health plan,

such as a spouse or parent's plan, you are welcome to attend but will need to confirm that CVS is in network for your insurance provider.

Schedule your appointment via PlanIt Purple:

- Evanston campus: **Tuesday, Oct. 27**

Please bring your Wildcard and insurance card to your appointment.

Connect with Colleagues and HR at NU Bridges

Tuesday, Nov. 10 | 10–11:30 a.m. | Norris Center, Arch Room

Support your social well-being by growing your community of peers at our NU Bridges events! This quarter, members of the Human Resources team, including askHR, Benefits, Talent Acquisition, Talent Development, and Well-being will be on hand to connect, share resources, and answer questions. **RSVPs are encouraged**, but not required. See you at Norris!

Caregiving & Well-being Webinars



Join an upcoming Care Talks session through your Northwestern **Care.com account**. All sessions take place at noon.

- Oct. 21 | Aging & Adult Care: The cost of care and planning for the future
- Oct. 27 | Your Healthy Lifestyle: Green tips for the home
- Oct. 28 | Childcare & Parenting: How to protect your child from bullying
- Nov. 5 | Emotional Wellness: Unlocking the joy of gratitude
- Nov. 11 | Financial Wellness: Holiday budgeting

On Your Radar



Review Northwestern's Digital Accessibility Policy

Whether you are a faculty or staff member who creates, revises, manages, or procures digital content, it is important to understand your role in ensuring that digital content and technology are accessible to users with disabilities. To get started **read Northwestern's Digital Accessibility policy**.

Learn more by:

- Visiting the **Policy FAQs webpage**
- Exploring the **Guidelines and Resources webpage**
- Joining the **Digital Accessibility Liaisons Teams channel** to connect with colleagues, contribute to discussions, and share best practices.

Nominate a Colleague for the Jean E. Shedd University Citizenship Award

Human Resources is accepting nominations for the annual Jean E. Shedd University Citizenship Award. This award honors Northwestern staff members whose exceptional leadership, contributions, and commitment reflect the highest ideals of our University. Visit the webpage to **learn more and nominate a staff member** by **November 30**.

Celebrating 175 Years of Northwestern

Explore Northwestern's history, the milestones, people, and stories that have shaped the University's legacy. Read all about it in **Northwestern Now** and visit the **Northwestern 175 website**.

Learn & Grow

Lead 4 Success Reunion



Thursday, Oct. 22 | 1:00-3:30 p.m. | Evanston campus

Calling all past Lead 4 Success™ alums for an in-person reunion. Reconnect with colleagues, meet new ones from the summer 2026 cohort, and continue meaningful leadership conversations. **Register in myHR Learn**.

Interested in joining a future cohort? Stay up to date on future offerings through this newsletter or visit the **Lead 4 Success™ website**.

Registration Closes Soon: Growing Your Career Program

Monday, Oct. 26 | 9:00 a.m.-1:00 p.m. | Evanston campus, Norris University Center

Join Human Resources' Talent Acquisition team for the Growing Your Career half-day program, an engaging, in-person event designed to help you explore career growth, build professional skills, and connect with colleagues across the University. View the full schedule and **register in myHRLearn** by Oct. 22.

Apply to Catalyst NU

The Office of Community Enrichment (OCE) invites you to explore new ways to connect, communicate, and learn together. Applications are open for **CatalystNU: Conversations That Transform**, a free, six-session program designed to strengthen communication skills, navigate challenging conversations, and build connections across difference. **Apply** by **November 2**.

This initiative is a partnership between the **Office of Community Enrichment**, **Human Resources**, **Office of the Ombusperson**, and the **Center for Leadership**. Sponsored by the **Office of the Provost**.

Manager's Tip



Manager Meet Up: Supporting Employee Development

Tuesday, Nov. 10 | 2:30-4:00 p.m. | Evanston campus

Great managers don't just manage performance, they help people grow. In this session we'll explore practical approaches to development conversations, career exploration, and supporting employees in achieving their goals. **Register in myHR Learn**.

Community & Engagement



Faculty & Staff Membership Flash Sale

Northwestern Recreation is waiving their $100 registration fee through October 31. Consider investing in your wellness goals this year with the support of Northwestern Recreation. **Visit the webpage** for more information.

Art, Athletics, & Masculinity: Demetrius Fields & Maria Sanchez

Thursday, Oct. 29 | 3:30-4:15 p.m. | Block Museum, Evanston campus

Drop in for this conversation featuring Northwestern Athletics leaders, Demetrius Fields, Director of Player Engagement for Football, and Maria Sanchez, Senior Associate Athletic Director for Strategic Impact, Leadership and Student Engagement. Inspired by an artwork selected through The Block's partnership with Athletics & Recreation, the conversation will explore masculinity, friendship, mentorship, leadership, and student development both within and beyond athletics. Coffee and tea begin at 3 p.m. **Reserve your seat**.

Explore Mindfulness at the Block Museum

Wednesday, Nov. 4 | Noon-1:00 p.m. | Block Museum, Evanston campus

Explore meditation in a community setting while focusing on a work of art from the museum's collection. Led by Eric Budzynski, Associate Director of Holistic Wellness and Contemplative Practice in the Center for Student Advocacy and Wellness, this event invites the audience to cultivate mindfulness through art. No prior experience is needed; all are welcome. **Register for the event**.

NUSAC Staff Connections

Join NUSAC for their Fall Staff Connections event! Stop by to enjoy coffee, light bites, and conversation with colleagues from across the university.

- **Register for the Evanston campus**
  - *Thursday, Nov. 5, 9:00-11:00 a.m. | Mudd Hall; 3541 Computer Science Seminar Room*
- **Register for the Chicago campus**
  - *Thursday, Nov. 12, 9:00-11:00 a.m. | Levy Mayer Hall, Law School*

No RSVP is required, but completing the registration form will help support event planning.

Introduction to Meditation with AHEAD

Thursday, Nov. 5 | Noon-12:45 p.m. | Chicago campus

Join **AHEAD** for a workshop featuring **Dr. Veronica Womack** who will lead a variety of introductory meditation practices designed to support moment-to-moment awareness and cultivate the mind-body connection in everyday life. **Register for the event**.

Rooted Roundtable Conversation

Friday, Nov. 6 | 10-11:15 a.m. | Virtual

Join the **Office of Community Enrichment** for **Rooted Roundtable: Wisdom of the Hive**, a virtual conversation with authors Michelle C. Johnson and Amy Burtaine. Explore what honeybees can teach us about cooperation, belonging, and collective wellbeing. Learn more and **RSVP** today!

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