

Human Resource Benefits Update

HR Connections

Maintaining Health Coverage for Currently Enrolled Dependents

- Dependents between the ages of 19-26 who are currently on the plan may remain on the plan regardless of student status**
- Dependents between the ages of 19-26 who are NOT currently on the plan must wait to enroll until the Federal mandate goes into effect on 7/1/10**

State Retirement System Annual Statements

- Not being mailed this year**
- Access online in the ORBIT system at
www.myncretirement.com**
- Log in with your own unique user ID and password**
- Once logged on to your personal ORBIT account,
click on "View Annual Benefits Statement" to view or
print your statement.**

State Retirement System Beneficiary Changes

- Log in to the ORBIT system at www.myncretirement.com
- Once logged on to your personal ORBIT account, click on "View Benefit Estimate" to view or change your beneficiaries. (New Employees and Current Employees with less than 10 years of state service)
- Employees with 10+ years of state service must complete form 2C to change beneficiaries

University Awards for Excellence



**NC State Employees Are Invited To Attend The
University Awards
For Excellence Reception**

Tuesday, June 8, 2010 // 2:00 PM

Talley Student Center Ballroom

No RSVP or tickets are needed!!!

HR Connections

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MANFIT

Men's Strength & Conditioning

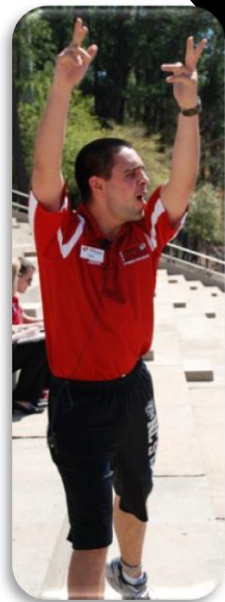


Haven't been to the gym in years?

Then try the MANFIT-Men's Strength and Conditioning course . This is a 6-week introductory course to fitness and conditioning

When are the sessions?

MANFIT will be held Tuesdays & Thursdays from 12:05-1:00 at the Carmichael Gym. Program begins May 25th and the cost is \$45 for faculty/staff gym members...



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RECREATION**
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