



LEARN & EARN

Health Care University

Take new and exciting courses on a variety of health topics and earn rewards.

Topics include Weight Management, Stress Management, Emergency Preparedness, Men's and Women's Health, and so much more.

Courses average 15 minutes. All courses are available on My Portfolio.

Program runs from January 5 to September 30.

Courses will be offered in trimesters.

First trimester: January 5 to March 31

Second trimester: April 1 to June 30

Third trimester: July 1 to September 30

Complete one core course plus an elective of your choice during each trimester to earn a \$100 Visa Debit Card.

You will also have the chance to earn:

Nintendo Wii Gaming System with a Wii Fit game package
Grand Prize drawing for 1 year of Free Health Care Coverage

Rewards are open to all benefit eligible employees

To Get Started:

Log in to My Portfolio through HR Access beginning Jan. 5, 2009

Type 'HCU Learn and Earn' in the search field in the upper right hand corner and hit enter.

Click on 'HCU Learn and Earn'

In the pop up window click 'Request this Training'

Don't have access to the PB Network? You can access Inside PB by visiting <https://connect2.pb.com> Use your HR Access log-in

No on-line access? Call Health Care University at (203) 351-6355 to request a paper version.

For more information visit Health Care University on Inside PB>Life and Career>My Benefits and Rewards>Health Care University

