



Hokie Wellness employee flu shot clinics begin Sept. 29

According to the Centers for Disease Control (CDC) at <https://www.cdc.gov/flu/season/index.html>, and because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever. A flu vaccine can help protect yourself, your family, and your community and help reduce pressure on our healthcare system. The CDC recommends getting a flu vaccination in September or October.

Hokie Wellness flu shot clinics: Hokie Wellness (<https://hokiewellness.vt.edu/>) will offer flu shot clinics for employees beginning Sept. 29. All clinics will be from 8 a.m. – 3 p.m. In order to maintain safety and ensure physical distancing:

- Blacksburg campus clinics will be held at two locations this year on the following days:
 - North End Center, Room 2420, 8 a.m. – 3 p.m.: Sept. 29 and Oct. 1, 6, 23, 29
 - Steger Hall, conference center foyer, 8 a.m. – 3 p.m.: Oct. 14, 21, 28
- Roanoke campus clinics will be held in Room M-106 from 8 a.m. to 3 p.m. on Sept. 30 and Oct. 27.

All employees must schedule an appointment for their flu shot. Individuals without an appointment will not be admitted to the clinic. Please note the following:

- Faculty and staff must bring their current insurance card to receive a free flu shot or pay a \$25 fee by cash or check.
- Flu shots are free for non-student wage employees. Non-student wage employees must bring their Hokie Passport to the clinic.
- Masks and physical distancing will be required at all clinics.

To schedule an appointment, visit **training.vt.edu**, click on Coursewhere, complete 2-factor authentication, then “Search by Alpha” to select the clinic and register for an open appointment. You will receive a confirmation by email. Please be on time for your appointment. Late arrivals may have to reschedule their flu shot.

NOTE: In order to minimize visitors to Virginia Tech campuses, flu clinics will only be open to employees. See below for information on how to get a flu shot for dependents covered by university health care plans.

Other ways to get a flu vaccine: Vaccinations are also available at most local pharmacies and through health care providers. State health plan members may get a free flu vaccine at pharmacies participating

in their health plan’s network.

- COVA Care, COVA HDHP, and COVA HealthAware members also may receive shots at no cost from network physicians’ offices and other participating providers.
- Kaiser Permanente HMO members must go to a participating Kaiser medical center.
- Optima Health members will receive flu shots at no cost from network participating pharmacies. To find participating pharmacies, call the number on the back of your ID card.

Visit <http://www.dhrm.virginia.gov/healthcoverage/flushotinformation> for more information from the Virginia Department of Human Resource Management. It is recommended that you call ahead to confirm that a pharmacy is participating in the program and that shots are available. An appointment may be required.

For questions:

- About Hokie Wellness flu clinics, contact Hokie Wellness at hokiewellness@vt.edu.
- About flu vaccines and your medical plan, contact your plan provider.

Order lunch from your favorite Blacksburg restaurants and pick up on campus with new Blacksburg Delivers program

Students and employees can now order their favorite lunch dishes from local Blacksburg restaurants and pick up on campus with the new Blacksburg Delivers program.

Seeing a need for expanded convenient and physically-distant dining options for the university community, Blacksburg Delivers is the result of strong collaboration among Virginia Tech, the Town of Blacksburg, the Blacksburg Partnership, and the local restaurant community.

The program will operate Monday through Friday, from 10:30 a.m. to 2 p.m.

Participating restaurants:

- Blacksburg Wine Lab
- Cabo Fish Taco
- Hethwood Market
- Marco & Luca
- Top of the Stairs
- Zeppolis

Visit the Blacksburg Delivers website at <https://blacksburgdelivers.com/> often as new restaurants will be added on an ongoing basis.

On-campus pickup locations:

- Derring Hall overhang (back of building)
- Litton-Reaves Hall parking lot (behind building)

How to place an order:

- Orders must be placed 12 hours in advance.
- Visit <https://blacksburgdelivers.com/>.
- Select the restaurant you'd like to order from.
- Select the pickup date and time. Currently, there are two pickup times to choose from: 11 a.m. and 1 p.m. Orders will be held for an hour-and-a-half.
- Select "Derring Hall" or "Litton-Reaves Hall" before you select the food you will be ordering. This will ensure the meal goes to the on-campus pickup spot you select.
- Debit and credit cards are accepted as payment.

How to retrieve an order:

- Visit the Derring Hall overhang (second floor outdoor area facing the parking lot) or the parking lot behind Litton-Reaves Hall (if driving, enter the lot from Life Sciences Circle; if walking, walk down the path/stairs between Litton-Reaves Hall and Wallace Hall from West Campus Drive).
- Show your Hokie Passport or government-issued ID.
- Pick up your food.
- Enjoy at one of the many outdoor spaces on campus, in your residence hall room, or office.

Discover training opportunities through redesigned training.vt.edu

PageUp Learning Management System (LMS) will launch in a few weeks, laying a system-based learning foundation for employees that supports Virginia Tech's culture of continuous learning.

In anticipation of the upcoming launch, training.vt.edu has undergone a transformation to incorporate multiple university-wide employee training platforms. The new site allows employees the flexibility to explore a variety of developmental opportunities from one location. PageUp LMS will join the list below once launched.

- CourseWhere: Register for live and on-demand courses on retirement planning, HR leave representative training, financial policy and system training, search committee training, and others through this system.
- LinkedIn Learning: Develop skills through business, software, creative, and technology courses. Study for a certification, improve time management skills, take courses in specific software, and much more through a catalog of thousands of courses.

- TLOS Professional Development Network: As a unit of Technology-enhanced Learning and Online Strategies (TLOS), the Professional Development Network facilitates and leverages campus-wide partnerships to offer programming and training opportunities designed to foster technology integration and increase digital fluency for faculty, staff, and graduate students at Virginia Tech.
- Virtual Learning Center: Explore self-paced opportunities and find courses on working, leading, and learning in any environment. Human Resource's Talent Development team has curated virtual learning opportunities from various sources for the Virginia Tech community.

Employees should explore these learning opportunities through the new training.vt.edu! For more information about PageUp LMS, visit the project website at <https://www.hr.vt.edu/talent-development/pageup-lms.html>.

Departmental mail delivery updates

Due to national and regional backlogs of USPS mail, departments may experience delays in receiving mail on campus.

Mail Services will process and deliver mail as quickly and efficiently as possible when it arrives and thanks the Blacksburg campus community for their patience.

Departmental mail questions may be directed to mailservices@vt.edu or 540-231-6909.