



## Day of Remembrance

Virginia Tech honors the lives of 32 students and faculty who were tragically taken from their loved ones and our community on April 16, 2007. Read more at [weremember.vt.edu](http://weremember.vt.edu).

## Photos and video: 2019 Run in Remembrance

Virginia Tech's 3.2-Mile Run in Remembrance, an annual event that honors and remembers the 32 individuals who lost their lives on April 16, 2007, was held Saturday, April 13, on the Blacksburg campus.

An estimated 14,500 individuals participated in the event. Now in its 11th year, the event started on the Drillfield near War Memorial Gym and finished near the April 16 Memorial across from Burruss Hall. Read more: [bit.ly/2UihWpT](http://bit.ly/2UihWpT).

## Hokie Wellness will host its second Substance Use Education Week April 15-19

This annual program educates campus about substance misuse using current research, social norming, and local subject matter experts. Each year, events are designed to highlight current trends or concerns, such as the opioid epidemic, marijuana on college campuses, and more. Through these events, Hokie Wellness also seeks to reduce the stigma surrounding addiction and promote the available resources on campus.

In addition to campus outreach, Hokie Wellness will be hosting two feature events open to all in the Virginia Tech community (registration required at [hokiewellness.vt.edu/events](http://hokiewellness.vt.edu/events)):

- **Pot Luck Marijuana Panel: We bring the food, you bring the questions!** Wednesday, April 17: 6:30-8 p.m., Newman Library Multipurpose Room

Miracle medicine? Gateway drug? We will have four panelists from a variety of backgrounds including public health, neuroscience, sociology, and community services. Free dinner will be provided, we just want your presence, questions, and curiosity. No participation or prior knowledge is required, we just hope you'll join us for an informative

discussion and learn with us as we navigate a complicated topic for many.

- **REVIVE! Opioid Overdose Prevention Trainings** Thursday, April 18th: 6:15-7:30 p.m. OR 7:45-9:00 p.m., McBryde Hall

The opioid epidemic is a public health crisis and has been in the forefront of the news for a few years now. Any person, no matter their age, income, or any other demographic, can experience and suffer from addiction. Knowing how to respond and possibly reverse an opioid overdose can save someone's life and might help them access needed resources for recovery. Come learn about opioids and addiction, how to respond in an emergency, and get the reversal drug, Narcan/Naloxone, to take with you.

To register for events and learn about available substance use-related resources on campus, visit [hokiewellness.vt.edu/subedweek](http://hokiewellness.vt.edu/subedweek).

## New Member ID cards mailed to COVA Care and COVA HDHP members this month

Effective July 1, 2019: Pharmacy benefits for COVA Care and COVA HDHP members will be managed by Anthem Pharmacy, delivered by IngenioRx.

New ID cards with the updated pharmacy information will be mailed to all COVA Care and COVA participants in April. Anthem requests participants begin using the new card immediately; however, claims using the old card will be processed as usual through June 30, 2019.

In mid-June, new ID cards will be issued again for COVA Care and COVA HDHP participants for the start of the new plan year on July 1, which will reflect any changes made during open enrollment. All participants – regardless of open enrollment activity – will receive new cards. Additional information regarding open enrollment for the 2019-20 plan year (effective July 1, 2019), will be made available in the near future.

Members currently using mail service or the specialty pharmacy will be contacted directly with information about transitioning their claims to IngenioRx.

Members may contact Anthem Member Services at 1-800-552-2682 with questions, and as always, the HR Service Center is available to assist at 540-231-9331 or [hrrservicecenter@vt.edu](mailto:hrrservicecenter@vt.edu).

## Learn retirement with RealizeRetirement Time Machine escape room

Virginia Retirement System (VRS) will be on campus with its RealizeRetirement Time Machine on Monday, April 29, from 10 a.m. to 3 p.m., in the McComas parking lot.

Employees will have the opportunity to learn about retirement planning through an escape room scenario in which they will hear the story of Department of Transportation worker Will Savemore. They will work in teams to solve puzzles that will allow them to “visit the future” and learn about compounding.

Employees will have the opportunity to learn additional retirement information by playing a trivia game for prizes, visiting an augmented reality tech table, and speaking with local IMCA-RC DCP retirement specialists who will be on site to answer questions and set up future consultations.

For more information or to watch the RealizeRetirement Time Machine video, visit the website at [realizeretirementtimemachine.org](http://realizeretirementtimemachine.org). Registration is not required. Please come out any time during their visit to experience the escape room and enjoy the other events.

If unable to attend, VRS will have its time machine at New River Valley Community Services (corner of University and Prices Fork Road) on Tuesday, April 30, 10 a.m.-1 p.m.

For questions, contact the HR service center at [hrrservicecenter@vt.edu](mailto:hrrservicecenter@vt.edu) or 540-231-9331.

## Horticulture Club and Hahn Horticulture Garden Annual Plant Sale to be held

The VT Horticulture Club and Hahn Horticulture Garden will hold their annual plant sale April 25-27 at the Washington Street Greenhouses and Hahn Horticulture Garden, 200 Garden Lane, Blacksburg.

Hours: 8 a.m.-6 p.m. April 25-26, and 8 a.m.-3 p.m. April 27.

There will be many different types of plants for sale, some of which have been grown by students of the Horticulture Program. The money raised goes to The Horticulture Club at Virginia Tech and the Hahn Horticulture Garden. Some plants for sale include sun plants, shade plants, herbs, vegetables, annuals, and much more. Learn more: [hort.vt.edu/hhg](http://hort.vt.edu/hhg).

## Employees may use flexible spending accounts for weight loss programs

Benefited Virginia Tech employees may have the opportunity to use their flexible spending accounts for memberships for weight loss programs including Weight Watchers. Their physician must prescribe the weight loss program to treat obesity or an obesity-related disease.

Body Mass Index (BMI), the prime indicator of obesity, is a ratio of height to weight. A healthy BMI ranges from 20 to 25. A BMI over 25 but less than 30 is classified as overweight, while a BMI that is greater than 30 is classified as obese. Obesity can lead to diabetes, high cholesterol, cardiovascular disease, and other health complications.

Weight Watchers at Work meets from noon-1 p.m. every Tuesday in the Student Services Building and every Wednesday in the North End Center. Virginia Tech employees receive a discounted rate for Weight Watchers monthly and online memberships. They may be eligible for 50 percent reimbursement when they attend a specified number of meetings.

For more information, contact Hokie Wellness at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) or 540-231-8878.

## Public invited to tour Smart Road on May 2

The Virginia Tech Transportation Institute (VTTI) and the Virginia Department of Transportation invite the general public to tour the Virginia Smart Roads and learn about transportation innovations on Thursday, May 2. Time slots are currently available from 4:15-5:45 p.m.

Individuals, families, and small groups will have the opportunity to learn about the institute and take a 25-minute tour of the Smart Road, one of the world's most advanced test facilities for transportation technology and safety research. Visits will last approximately one hour.

To register for Open House, please visit [bit.ly/vtopenhouse2019](http://bit.ly/vtopenhouse2019). To learn more, contact [tours@vtti.vt.edu](mailto:tours@vtti.vt.edu) or 540-231-1501 or visit [www.vtti.vt.edu/about/tours](http://www.vtti.vt.edu/about/tours).