



In times of change it is vital to have places that provide stress management. For me that is in nature! As an avid hiker normally the outdoors brings me peace. I understand that it is not for everyone but wanted to offer a resource to members during this time to try. The AllTrails app (and for a web version -[alltrails.com](https://www.alltrails.com)) lists trails for folks to go on. Typically this will also give you a sense of how

difficult it is, and if people with mobility issues can go on it. Now that being said, it is still vital to your health and the health of those around you to still practice social distancing, and hand washing! Remember we are all in this together - so feel free to reach out to UUP to share what helps you manage stress, or if you are in need of anything while we navigate this.

Michelle

Michelle Hansen, VP for Professionals

Help Our Campus Community

Hello everyone! I have a request; we have so many incredible colleagues who are essential to keeping SUNY Oneonta safe and operational; would you help me and record a 30 second (or less) video saying thanks to those who are still working on-site? I think hearing appreciation would be so uplifting right now. Thanks, and I appreciate you all so very much.

Please email your videos to karen.munson@oneonta.edu

I need your help...



**...to help others
in our campus
community** ❤️

Record a 30 second video saying thanks to SUNY Oneonta's essential workers. Email it to karen.munson@oneonta.edu

From the Desk of UUP Oneonta Chapter President David Lincoln

Friends,

So much has happened so fast that is hard to keep up, but I want to stay in contact with you all and provide as much good information as possible. I hope our UUP-dates are useful.

Today we started our new on-line Spring semester and I hope that it goes well for you all. IT is available for assistance or needs, just check their [webpage](#) for guidance. If you need something special or out of the normal just reach out to Kerry, our Chapter Assistant, and she will be able to answer and help or direct you to the appropriate officer or department. Kerry can be reached at oneuup@oneonta.edu, oneonta@uupmail.org or by phone via voicemail at 607-436-2135. Updates can be found on our [web-page](#) and our [Facebook](#).

We are working with the College President and Cabinet on many issues of concern and hope to have some solid information to share shortly, so please be patient. We are down to about 125 students on campus. We are running with just a fraction of the staff we started with even though they had been deemed essential.

It is important to follow what the experts are saying so we can get through this emergency the best we can. Remember to: stay home, stop the spread, save lives. The best resource for information has been the [NYS Governor Andrew Cuomo's web-page](#). The Governor does a live briefing everyday around 11 am. The President of SUNY Oneonta, Dr. Morris, has posted the most recent information on the campus response and services available on the [campus web-page](#). Dr. Morris will be doing virtual briefings on Tuesday and Thursday March 24 and 26 so look for information about that in your email and below.

I wish you all good health and good luck with the rest of our semester. Please keep those on the front lines in your thoughts and prayers.

All the best and stay healthy,



Dave

Join Dr. Morris For a Virtual Conversation

President Morris invites all employees to join her for a virtual conversation Tuesday, March 24, or Thursday, March 26, at 11 a.m. Please note there is a limit of 250 participants per session. If you are unable to join Tuesday's session, you will have another opportunity to join on Thursday. Additional sessions will be added if needed.

[Join the conversation](#)

+1 631-215-3388 United States, Brentwood (Toll)

Conference ID: 676 164 984#

Helpful Links and Information

[NYS Pause Information](#)

[UUP/AFT Student Debt Clinic Resources](#)

Mortgage Help

New York homeowners hard hit by the coronavirus crisis will have a 90-day reprieve from paying their mortgages, Gov. Andrew Cuomo announced Thursday. His press conference can be [seen here](#). Details can be found on the Governor's web-page at <https://www.governor.ny.gov/>

Utilities, Credit Cards, Loans, etc.

We have also heard that utilities, credit cards, loan payments, etc., will also give you a period of time away from payments if you call them and specifically say you have lost income due to the COVID19 virus. Please only do this if you have actually lost income during this time.

UUP Negotiated Benefits

UUP-represented employees have the opportunity to access thousands of eLearning courses, eBooks and short course videos for opportunities to enhance their professional and career development, for certification preparation and continuing education in a variety of areas with an **Empire KnowledgeBank (EKB)** license.

The EKB license can be accessed anytime and anywhere with an internet connection and is provided at no expense to the campus or the employee.

WHAT IS INCLUDED IN THE EKB eLEARNING COLLECTION?

The eLearning products include courses, eBooks and videos in the following areas:

- Business and Professional Development
- Desktop Software
- Project Management
- Leadership/Manage
- Essentials Supervision
- Decision Making
- Technical such as:
 - Cloud/Virtualization
 - ITIL
 - Security
 - Software Development
 - Web

The EKB also provides training that supports accreditation and Continuing Education Units (CEU)

HOW TO APPLY

An EKB license is valid through March 31, 2021.

- To apply, employees must complete the NYS/UUP JLMC EKB Application and submit it to the NYS/UUP JLMC.
- Guidelines and an application may be accessed at <https://goer.ny.gov/professional-development-opportunities>



**The Empire
Plan**

Dear UUP- represented employees,

I am writing to inform you of the additional resources available for Empire Plan enrollees.

Cost Sharing Waivers for COVID-19 Testing

Enrollee cost sharing requirements for COVID-19 testing at approved locations are waived. In addition, copays, coinsurance, and deductibles for visits associated with COVID-19 testing are waived, whether the testing is provided in a health care provider's office, an urgent care center, or an emergency department. This cost share waiver applies to all active Empire Plan enrollees, early retirees and Medicare eligible retirees.

Early Prescription Refills

To ensure enrollee access to medications, enrollees will be allowed one emergency prescription refill of up to a 30-day supply for three prescriptions of retail medications and one prescription of specialty medications during a 90-day period. Normal copay rules apply.

Managing Coronavirus Anxiety

Visit the Beacon Lens at beaconlens.com for advice and tips on managing stress and anxiety due to coronavirus. Additional online resources on this topic are available in a guide from the NYS Office of Mental Health and at the Centers for Disease Control.

Nurseline

The Empire Plan Nurseline is fully prepared to share information with enrollees on the COVID-19 virus and triage them to the appropriate level of care as necessary based on the severity of their symptoms. As a reminder, the Empire Plan Nurseline number is 1-877-769-7447, Option # 5.

UUP will keep you posted as any new information regarding the coverage of the COVID-19 virus by the Empire Plan becomes available. Keep apprised on COVID-19 by visiting <https://coronavirus.health.ny.gov/home>. Here you can also sign up for email updates on the coronavirus.

In Solidarity,

Tom

Thomas Tucker

UUP Statewide Vice President for Professionals

(800) 342-4206

ttucker@uupmail.org

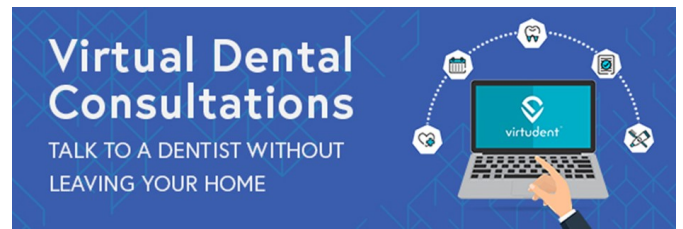


Dear UUP Staff,

UUP has partnered with Delta Dental and Virtudent to provide you with virtual dental care for emergency services.

Most dental offices are being advised to close for non-emergency procedures, and emergency rooms may soon be overwhelmed. Virtudent can help you access dental care without leaving the privacy and safety of your own home. Now, in response to the COVID-19 crisis, **we're making virtual dental consultations available from anywhere**. UUP staff can simply go to <https://info.virtudent.com/teledentistry> to learn more and to schedule a virtual consultation.

If you have dental insurance through UUP, Virtudent will bill Delta Dental for a limited oral evaluation. Staff coverage through Delta Dental is limited to three problem focused evaluations within a calendar year. If you do not have dental insurance through UUP, the cost of the consultation will be at a discounted rate of \$49. You can pay by credit card, or through an FSA/HSA card or account. To learn more, please contact us at dentist@myvirtudent.com.



Dear Visionworks Patients,

In accordance with recommendations from the CDC, as well as Federal and State authorities, we are temporarily closing all Visionworks' locations due to the COVID-19 virus, but we will preserve access to our doctors for emergency eye care needs. With this temporary pause, we can protect the health and safety of our associates, doctors, and the communities we serve. While our storefronts are closed to the public, we are still safely working to ensure we meet each patient's needs:

- If you recently purchased glasses or contacts with us, we will ship them directly to you
- If you have an exam scheduled during the closure, we will call or email you to reschedule your appointment
- If you have lost or broken glasses or just need a new pair of glasses or contacts, and you have an existing prescription, we have several options for you at visionworks.com where you can utilize many insurance plans. In addition, we will work to assist you if you have an expired prescription
- If you have an essential eye care need or an emergency, you can call us at 1-800-784-7427 and we will work to connect you to one of our doctors

We have implemented significant procedures to ensure the safety of our patients, our doctors and our associates. When we reopen our locations, we will continue with the appropriate procedures to ensure the safety of our community. For more information visit visionworks.com/safety-protocol.

In the past few weeks, we have put policies in place to help our associates, including: flexible schedules, supplemental pay for reduced hours, advanced paid time off and continuing pay for those associates directly impacted by COVID-19. As we close all of our stores, we will continue to care for our associates by extending these policies through April 3rd.

We apologize for any inconvenience this unexpected closure may cause you. Thank you for being our patient and we look forward to seeing you soon.

Sincerely,

Pete Bridgman

President, Visionworks of America