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| Slide  | Benefit | Website  |
| 1. Human Resources
 |
| 2 | Tax-Deferred Retirement Plan | <https://www.hr.upenn.edu/myhr/benefits/retirement/tdr>  |
| 3 | Retirement Savings Counseling | [www.meetvanguard.com](http://www.meetvanguard.com/)[www.tiaa-cref.org/letstalk1](http://www.tiaa-cref.org/letstalk1) |
| 4 | Rule of 75 | <https://www.hr.upenn.edu/myhr/benefits/retiree>  |
| 5 | Flexible Spending Accounts | <https://www.hr.upenn.edu/myhr/benefits/health/fsa> |
| 6 | Life Insurance Benefits | <https://www.hr.upenn.edu/myhr/benefits/health/life>  |
| 7 | Funeral Planning Services | <https://www.hr.upenn.edu/myhr/benefits/health/life/funeral>  |
| 8 | Family & Medical Leave Act (FMLA) | <https://www.hr.upenn.edu/myhr/resources/policy/timeoff/fmla> |
| 9 | Disability Benefits | <https://www.hr.upenn.edu/myhr/benefits/time/disability> |
| 10 | Long-Term Care | <https://www.hr.upenn.edu/myhr/benefits/additional/ltc> |
| 11 | Be in the Know | <https://www.hr.upenn.edu/myhr/worklife/healthy/know>  |
| 12 | Health Advocate | <https://www.hr.upenn.edu/myhr/benefits/health/healthadvocate> |
| 13 | Flexible Work Options | <https://www.hr.upenn.edu/myhr/worklife/workandlife/flexoptions> |
| 14 | Employee Assistance Program | <https://www.hr.upenn.edu/myhr/worklife/healthy/eap> |
| 15 | Annual Health Fair | <https://www.hr.upenn.edu/myhr/worklife/healthy/fair> |
| 16 | Employee Resource Fair | (Contact PPSA or WPPSA) |
| 17 | Worklife Workshops | <https://www.hr.upenn.edu/myhr/registration> |
| 18 | Annual Flu Shot | <https://www.hr.upenn.edu/myhr/worklife/healthy/flu> |
| 19 | Health Risk Assessments | <https://www.hr.upenn.edu/myhr/worklife/healthy/hra>  |
| 20 | Starting or Growing Your Family | <https://www.hr.upenn.edu/myhr/worklife/family> |
| 21 | Snow Day Child Care | <https://www.hr.upenn.edu/myhr/worklife/family/snowday>  |
| 22 | Penn's Backup Care Program | <https://www.hr.upenn.edu/myhr/worklife/family/backupcare>  |
| 23 | Take Our Daughters and Sons to Work Day | <https://www.hr.upenn.edu/myhr/worklife/family/kidstowork> |
| 24 | Penn Family Day | <https://www.hr.upenn.edu/myhr/appreciation/familyday> |
| 25 | Penn's Quit Smoking Program | <https://www.hr.upenn.edu/myhr/worklife/healthy/quitsmoking> |
| 26 | Weight Watchers at Penn | <https://www.hr.upenn.edu/myhr/worklife/healthy/weightwatchers> |
| 27 | Penn Walking Program | <https://www.hr.upenn.edu/myhr/worklife/healthy/walking> |
| 28 | Walking Tour Routes | <https://www.hr.upenn.edu/myhr/worklife/healthy/walking/routes>  |
| 29 | Create your own walking routes | <http://www.walkjogrun.net/>  |
| 30 | Tuition Benefits for You | <https://www.hr.upenn.edu/myhr/benefits/tuition> |
| 31 | Tuition Benefits for Your Family | <https://www.hr.upenn.edu/myhr/benefits/tuition> |
| 32 | Managing Your Career | <https://www.hr.upenn.edu/myhr/learning>  |
| 33 | Career Coaching | <https://www.hr.upenn.edu/myhr/learning/career/coaching> |
| 34 | Resolving Workplace Issues | <https://www.hr.upenn.edu/myhr/workplaceissues>  |
| 35 | Office of the Ombudsman | <http://www.upenn.edu/ombudsman/>  |
| 1. Safety
 |
| 37 | UPennAlert | <http://www.upenn.edu/directories/> |
| 38 | Walking Escort Services | <http://www.publicsafety.upenn.edu/security-services/walking-escort/> |
| 39 | Lockout and Jump-start Services | <http://www.publicsafety.upenn.edu/security-services/lockout-and-jumpstart-services>  |
| 40 | RAD Defense Courses for Men and Women | <http://www.publicsafety.upenn.edu/special-services/rad/> |
| 41 | Operation Theft Awareness | <http://www.publicsafety.upenn.edu/theft-awareness/> |
| 42 | Emergency Phones | <http://www.publicsafety.upenn.edu/TEC/blue-light-ephones/>  |
| 43 | **Penn Guardian** | [www.publicsafety.upenn.edu/getpennguardian](http://www.publicsafety.upenn.edu/getpennguardian/) |
| 44 | **Ergonomics Tips** | <http://www.ehrs.upenn.edu/programs/occupat/ergo/computer/checklist/> |
| 45 | Privacy | <http://www.upenn.edu/oacp/privacy/> |
| 1. Staff Discounts
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| 47 | Penn Home Ownership Services | <http://cms.business-services.upenn.edu/homeownership/>  |
| 48 | U of P Federal Credit Union | <http://www.uofpfcu.com/default.htm> |
| 48 | Bank of America credit card | [http://cms.business-services.upenn.edu/resources-and-links/credit-card.html](http://www.business-services.upenn.edu/creditcard/index.html) |
| 49 | PNC WorkPlace Banking | <https://www.pnc.com/en/personal-banking/banking/student-banking/university-of-pennsylvania.html>  |
| 50 | Ford and General Motors | <https://www.hr.upenn.edu/myhr/benefits/dealsatpenn/cardiscount>  |
| 51 | Cell Phones | <http://www.upenn.edu/computing/voice/cellular/> |
| 52 | Office Depot | <https://business.officedepot.com/b2b/portalLoginPage.do> |
| 53 | My Smile Boutique | <http://www.purchasing.upenn.edu/buytools/mysmileboutique.php>  |
| 53 | Apple  | <https://cms.business-services.upenn.edu/computerstore/apple-store-for-individual-purchasers-gateway.html>  |
| 53 | Dell | <https://cms.business-services.upenn.edu/computerstore/dell-premier-for-individual-purchasers-gateway.html>  |
| 54 | Penn Bookstore | 36th and Walnut Streets |
| 54 | Computer Connection | <http://cms.business-services.upenn.edu/computerstore/> |
| 55 | Penn e-cards | [http:www.business-services.upenn.edu/ecard](http://www.business-services.upenn.edu/ecard) |
| 56 | Penn’s Pet Care Benefits | <http://www.vet.upenn.edu/veterinary-hospitals/ryan-veterinary-hospital>  |
| 57 | The Morris Arboretum | <http://www.business-services.upenn.edu/arboretum/index.shtml> |
| 58 | Rentals | <http://www.business-services.upenn.edu/arboretum/rentals_weddings.shtml> |
| 59 | “You Decide” | <https://www.hr.upenn.edu/myhr/benefits/dealsatpenn>  |
| 60 | Fitness: Global Fit | <https://www.hr.upenn.edu/myhr/worklife/healthy/globalfit> |
| 61 | Funsavers | <http://phillyfunguide.com/funsavers> |
| 62 | Philadelphia Museum of Art | <https://www.hr.upenn.edu/myhr/benefits/additional/philamuseum> |
| 63 | The Philadelphia Orchestra | <https://www.hr.upenn.edu/myhr/benefits/additional/philaorchestra> |
| 64 | Six Flags Theme Park | <https://www.hr.upenn.edu/myhr/benefits/additional/sixflags> |

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| 1. **Dining on or Around Campus**
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| 66 | Places to Dine on Campus | <https://cms.business-services.upenn.edu/dining/hours-locations-a-menus/retail-dining.html>  |
| 67 | The University Club at Penn | <http://cms.business-services.upenn.edu/universityclub/> |
| 68 | Farmer’s Market | <http://universitycity.org/farmersmarkets> |
| 69 | University City District | <http://universitycity.org/restaurants>  |
| 1. **Getting Around**
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| 71 | (COMPASS,TransitChek®PATCO Freedom Pass, N.J. Transit | <http://cms.business-services.upenn.edu/parking/sustainable-commuting/public-transportation/faculty-and-staff.html> |
| 71 | SEPTA Pass Perks  | <http://www.septapassperks.org/> |
| 72 | LUCY | <http://cms.business-services.upenn.edu/transportation/commuter-transit-options/lucy-bus.html> |
| 73 | Parking on Campus | <http://cms.business-services.upenn.edu/parking/> |
| 74 | Occasional Parking | <http://cms.business-services.upenn.edu/parking/penn-parking-permits/occasional-parking.html> |
| 75 | Penn Cycle | <http://app.penncycle.org/> |
| 76 | Zipcar | <http://www.zipcar.com/penn> |
| 77 | Discover Penn – Tour of Campus | <http://www.facilities.upenn.edu/maps/discover-penn> |
| 78 | Favorite places | <http://tiny.cc/k8alvx>  |
| 79 | Bridges & Walkthroughs | <http://www.med.upenn.edu/oe/bridges.shtml> |
| 80 | Bio Pond | <http://www.bio.upenn.edu/facilities/greenhouse/biopond/> |
| 1. **The Arts at Penn**
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| 82 | Institute of Contemporary Art | <http://www.icaphila.org/> |
| 83 | Arthur Ross Gallery | <http://www.upenn.edu/ARG/> |
| 84 | Annenberg Center for the Performing Arts | <http://www.annenbergcenter.org/> |
| 85 | Penn Museum | <http://www.museum.upenn.edu/> |
| 86 | Dance Lessons | Penn Latin and Ballroom Dance <http://www.dolphin.upenn.edu/ballroom/>UPenn Argentine Tango Club <http://www.dolphin.upenn.edu/tango/> |
| 87 | WXPN Free at Noon | <http://provost.upenn.edu/initiatives/arts/centers/wxpn> |
| 88 | Department of Music | <http://www.sas.upenn.edu/music/performance/schedule.html> |
| 89 | Movie Rentals | <http://dla.library.upenn.edu/dla/vcat/index.html> |
| 90 | Contemporary International Film Series | <http://cinemastudies.sas.upenn.edu/> |
| 1. **Recreation**
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| 92 | PennRec | <http://www.upenn.edu/recreation/> |
| 93 | The Energy Zone | <http://www.upenn.edu/recreation/about/energy-zone/>  |
| 94 | Pilates | <http://www.upenn.edu/recreation/pilates/> |
| 95 | Group Exercise | <http://www.upenn.edu/recreation/programs/group.html> |
| 96 | Yoga | <http://www.upenn.edu/recreation/fitness-wellness/instructional-classes/yoga/>  |
| 96 | Golf | <http://www.upenn.edu/recreation/about/golf-simulator/>  |
| 97 | Dance | <http://www.upenn.edu/recreation/fitness-wellness/instructional-classes/dance/>  |
| 97 | Karate | <http://www.upenn.edu/recreation/fitness-wellness/instructional-classes/martial-arts>  |
| 98 | Personal Training | <http://www.upenn.edu/recreation/programs/personal.html> |
| 99 | Massage Therapy | <http://www.upenn.edu/recreation/membership/massage.html> |
| 100 | Structured Sports | <http://www.upenn.edu/recreation/sports/> |
| 101 | Robert P. Levy Tennis Pavilion | <http://www.penntenniscenter.com/> |
| 102 | Outdoor Adventure | <http://www.upenn.edu/recreation/outdoor/> |
| 103 | Ringe Squash Courts | <http://www.upenn.edu/recreation/about/facilities/ringe/> |
| 104 | Penn Park | <http://tiny.cc/yablvx>  |
| 105 | Ice Rink | <http://cms.business-services.upenn.edu/icerink/> |
| 106 | Penn Relays | [http://www.ThePennRelays.com](http://www.thepennrelays.com/)  |
| 1. **Campus Organizations**
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| 108 | PPSA | <http://penn-ppsa.org/>  |
| 108 | WPPSA | <http://www.upenn.edu/wpsa/>  |
| 109 | The Netter Center | <https://www.nettercenter.upenn.edu/programs>  |
| 110 | LGBT | <http://www.vpul.upenn.edu/lgbtc/>  |
| 111 | Tae Kwon Do Club | <http://www.upenn.edu/recreation/sports/clubpages/taekwondo.html> |
| 112 | Staff/Faculty Eco-Rep | <http://www.upenn.edu/sustainability/eco-reps/staff>  |
| 113 | The Kelly’s Writer’s House | <http://writing.upenn.edu/wh/involved/groups/> |
| 114 | Penn Gamers Club | <http://www.dolphin.upenn.edu/pgamers/> |
| 115 | Chess Club | <http://www.dolphin.upenn.edu/chess/> |
| 116 | Penn Women’s Center  | <http://www.vpul.upenn.edu/pwc/> |
| 117 | Penn Knitter’s Club | E-mail: Donna Gladstone, dpg@upenn.edu  |
| 118 | La Casa Latina | <http://www.vpul.upenn.edu/lacasa/index.php> |
| 119 | Center for Italian Studies | <http://ccat.sas.upenn.edu/italians/events/index.html> |
| 120 | African American Resource Center | <http://www.upenn.edu/aarc/> |
| 121 | Penn Club of New York | [http://www.pennclub.org](http://www.pennclub.org/) |
| 1. **In the Know**
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| 123 | Penn Libraries | <http://www.library.upenn.edu/> |
| 124 | Penn Libraries - Safari | <http://proquestcombo.safaribooksonline.com/>  |
| 125 | Weigle Info Commons | <http://wic.library.upenn.edu/> |
| 126 | ISC Training | <http://www.upenn.edu/computing/isc/training/>  |
| 127 | Penn Libraries: Ancestry  | <http://www.ancestrylibrary.com/> |
| 128 | e-Newsletters | myHR <https://www.hr.upenn.edu/myhr/resources/newsletters/myhr> Penn Wellness <https://www.hr.upenn.edu/myhr/resources/newsletters/pennwellness> Penn@Work [https://www.hr.upenn.edu/myhr/resources/newsletters/penn@work](https://www.hr.upenn.edu/myhr/resources/newsletters/penn%40work) Penn News: (Communications Office) <http://www.upenn.edu/pennnews/> The Pennsylvania Gazette <http://www.upenn.edu/gazette/index.html> The Daily Pennsylvanian <http://www.thedp.com/> Penn Current <http://www.upenn.edu/pennnews/current/>  |
| 129 | Almanac | <http://www.upenn.edu/almanac/> |
| 130 | University Archives | <http://www.archives.upenn.edu/> |
| 131 | Lynda.com | <http://www.upenn.edu/computing/lynda/> |
| 132 | Coursera | <http://www.upenn.edu/provost/coursera> |
| 133 | Consumer Reports | <http://tiny.cc/thalvx>  |
| 134 | Library Press Display | <http://library.pressdisplay.com/pressdisplay/viewer.aspx> |
| 135 | BEN’s Attic  | <https://upenn.unl.edu/>  |

If you know of other “benefits” that you would like to share or, if you would like an electronic copy of this form with the URL links, please email me at elenamcc@upenn.edu.

Thank you,

**El McClelland**

**HR Learning & Education**