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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 | | | |
| 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** | | |
| 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** | | |
| 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** | | |
| 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** | | |
| 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** | | |
| 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](mailto: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** | | |
| 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>  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](mailto:elenamcc@upenn.edu).

Thank you,

**El McClelland**

**HR Learning & Education**