
The Bridge HRIC Summer Edition

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The Bridge

HRIC Summer Edition

In this edition:

HRIC Summer Town Hall

Celebrating the Summer Season

Staff Performance Management Update

Employee Engagement Survey Results Continue to be Shared

Professional Development Opportunities Available

Community Support and Engagement Update

Coors Fitness Center Membership Benefits

Wellness Updates

HRIC Summer Town Hall

Join HRIC on July 16 from 10 to 11:30 a.m. for our summer town hall. Please note this will be a virtual-only event.

[Join via Zoom](#)

Celebrating the Summer Season

Like in previous HRIC Takeovers, staff members submitted their favorite summer moments from the extended July 4 weekend. Check out the submissions below.



Anastasia Vylegzhanina experienced sunrise at Red Rocks.



Jesse King went hiking at Herman Gulch to enjoy the incredible views and some wildflowers.



Olivia Sinnett snapped this photo on campus.



Todd Fisher went hiking and fishing at an undisclosed location above the tree line.

Staff Performance Management Update

Thank you to the staff members and supervisors who have completed the 2025–26 performance review process. We recognize the demands on everyone's time and appreciate your commitment to your staff colleagues.

Although the review deadline has passed, the process remains open for completion. To date, approximately 68% of staff performance reviews have been completed.

While this year's reviews are not directly connected to compensation decisions, they remain an important opportunity to reflect on accomplishments, challenges, professional growth, and future goals. Completing the review process also ensures that employees and supervisors begin the next cycle with a shared understanding of priorities and goals, as well as familiarity with DU's new system.

To allow additional time for departments to complete the current review cycle, the 2026–2027 staff performance review process will launch in mid-August—at the earliest.

Visit the [HRIC Performance Management](#) page for resources and if you have questions or need assistance, please contact PerformanceManagement@du.edu.

Employee Engagement Survey Results Continue to be Shared Across Campus

Thank you to everyone who participated in the University of Denver's Employee Engagement Survey. Your feedback is helping inform conversations across the institution and identify opportunities to strengthen the employee experience.

Talent Acquisition and Development and the HR Business Partners are continuing to meet with departments to review survey results and facilitate discussions about key themes and next steps. Recent reporting enhancements provide additional context and insight to help departments better understand their results and support meaningful action planning.

If you missed the University-wide survey overview presented during the January Town Hall, click to [watch the recording](#).

Department review sessions will continue throughout the summer. For questions, please contact [Andrea Groth](#). Thank you for your continued engagement as we move from insights to action.

Professional Development Opportunities Continue This Summer

Talent Acquisition and Development continues to partner with Executive Education to offer professional development opportunities for DU employees. Recent offerings, including Leading Across Generations, have helped participants strengthen leadership skills, navigate workplace differences, and build more effective teams.

Looking ahead, departments can continue to take advantage of Insights Discovery for Teams, a customized, tuition-waiver eligible experience that helps teams improve

communication, deepen self-awareness, and strengthen collaboration. Interested in bringing a session to your team? Contact Learning@du.edu to learn more.

Coming This Fall

Several new learning opportunities will launch this fall, including:

- **I'm a Supervisor, Now What?:** A new program designed for first-time supervisors and newly hired managers, covering essential leadership skills such as coaching, feedback, and building effective working relationships.
- **Leadership Circle:** Returning this fall with sessions on Ownership, Accountability, and Choice at Work and Responding vs. Reacting, helping employees strengthen self-awareness, communication, and leadership effectiveness.

Watch future editions of The Bridge for registration information and additional professional development opportunities.

Community Support and Engagement Update

Thank you to everyone who participated in this year's Juneteenth programming. The virtual discussion provided an opportunity to reflect on the history and significance of Juneteenth while encouraging continued learning, dialogue, and community. We appreciate everyone who helped make the event meaningful and look forward to future opportunities to learn together.

Coors Fitness Center Membership Benefit

All benefited DU employees are still eligible to purchase an individual Coors Fitness Center membership for a **one-time fee of \$50**. This membership will include full access privileges for the duration of an employee's benefited employment at the University of Denver.

Benefited employees may also opt to purchase a family membership for an additional \$30 per month. The first month's fee will be prorated based on the purchase date, and subsequent months will be charged via payroll deduction.

Learn more at the [Ritchie Center's website](#).

TIAA Sessions

DU employees are eligible to meet with financial professionals from the University's retirement plan service provider, TIAA for **free** one-on-one financial consultations held on campus. An employee does not need to be a participant of the 403(b) Plan in order to utilize this service. This is a free service, as a part of your DU Benefits package.

For more information [visit our website](#).



Save the Date: 2026 Crimson Classic 5k

Date: Oct. 21

Location: Carnegie Green

Time: Registration check-in starts at 1 p.m., pre-race activities and vendors start at 2 p.m., and the race begins at 3 p.m.

This year, the Crimson Classic is the kick-off event for our Homecoming activities!

All DU community including faculty, staff, students, alumni, and retirees and their families are welcome to attend the race.

Well-being in the Wilderness at Kennedy Mountain Campus

On June 18, Well@DU teamed up with the Kennedy Mountain Campus, Wellness & Recreation division to give faculty and staff an opportunity to experience our beautiful mountain campus. The event was highly anticipated, and we had 158 faculty and staff attend. Of those that attended, 79% utilized our private buses to the mountain campus from the Denver DU campus and 21% opted to self-transport.

Designed to emphasize connection, restoration, and outdoor recreation as vital dimensions of employee well-being, the day gave many employees their very first look at the KMC. The sense of community started right at the beginning of the trip, with participants enjoying camaraderie on the buses from DU.

Once on-site, participants chose a diverse lineup of experiential activities, including hiking, archery, volleyball, cornhole, ax throwing, challenge courses, guided via ferrata, a tour of the campus, and quiet relaxation spaces. To fuel the adventure, lunch and return-trip snacks were also provided.

It was incredible to see multiple departments and affiliation groups engage at the event. Groups like HRIC, the College of Professional Studies, and SOCA organized team registrations, sparking wonderful energy and in-person connection. After much success and great feedback, we plan to host this event again as an annual tradition!

Below is a photo of some of our HRIC team members who made the hike up to the fishing lake!



Supporting Your Mental Health with Meru Health—Available to Cigna Members

Your mental health is just as important as your physical health, and support is available when you need it. Employees enrolled in a DU Cigna medical plan now have access to Meru Health, a 12-week virtual mental health program designed to help reduce stress, relieve anxiety, build resilience, and improve overall emotional well-being, all from the comfort and privacy of home.

Through the Meru Health app, participants are paired with a licensed therapist and receive scheduled video sessions, unlimited messaging, and personalized progress tracking. The app also provides interactive, on-demand wellness practices that are available 24/7, with new content added regularly, so support is always within reach. The program includes heart rate variability (HRV) therapy, a guided breathing practice designed to help regulate stress and improve emotional resilience, anonymous peer support, and a comprehensive mind-body approach to wellness. Most participants can connect with a therapist within just a few days.

Meru Health is available to those enrolled in a DU Cigna medical plan.

To learn more or enroll, visit [the Meru site](#) and take the next step toward supporting your mental well-being.

DU Discounts Through Beneplace

As part of the university's ongoing commitment to employee well-being, DU Discounts provides year-round access to exclusive savings on everyday purchases through

Beneplace, the university's employee discount marketplace.

This summer, save on things like:

- Trips to your favorite theme park
- Tickets to local sporting events
- Travel discounts on airfare, hotels and rental cars
- Shopping for summer clothes

This cost-free benefit is available to all DU employees. To browse current offers or create an account, visit the [Beneplace website](#) and follow the simple instructions to enroll.

Happy savings!

Well-being Website Redesign

Human Resources and Inclusive Community is excited to introduce the [newly redesigned Well@DU webpage](#). The updated site reflects the University of Denver's commitment to the Okanagan Charter, which DU signed in 2025, and its vision of embedding health and well-being into all aspects of campus culture. The redesign organizes content around key domains of well-being, helping faculty and staff more easily identify resources, programs, and support services that meet their unique needs.

With a more intuitive structure and streamlined navigation, the new Well@DU page makes it easier than ever to explore resources that support physical, emotional, social, financial, and relational well-being. Whether you are looking for opportunities to connect with colleagues, build healthy habits, access support services, or enhance your overall quality of life, the redesigned Well@DU experience provides a clear pathway to the resources available across the university.

Earn Cash Incentives for your Well-Being Activities

Did you know you can earn cash incentives by participating in well-being activities through Kaiser Permanente and Cigna? Both providers offer opportunities to receive financial rewards for completing activities that support your health and well-being. If you haven't explored these offerings yet, now is a great time to log in to your health plan website and see what incentives are available to you.

Kaiser Permanente Incentives

In addition to the DU-sponsored incentive opportunities, Kaiser Permanente is offering both a DU incentive and an all-member incentive program. Look for communications with details about the additional cash rewards available simply for being a KP member. Taking advantage of these programs is an easy way to support your well-being while earning extra money along the way.

To start earning your incentive, log on to kp.org/rewards on the website or KP app.

Cigna Incentives

Reach your health goals and have fun along the way. The Cigna Healthcare Well-Being Solution puts powerful resources at your fingertips—at no additional cost to you.

- Personalize your experience: Connect your activity tracker and set topics of interest.
- Complete an assessment: Answer questions to get a health score and learn about possible risks.
- Track your Healthy Habits: Follow a healthy routine by taking small steps.
- Stay motivated: You can invite up to 10 friends and family members outside of work.
- Participate in fun challenges: Join coworkers and motivate each other to build new healthy habits.

Get started with these three simple steps:

1. Set up your profile today on myCigna.com or by downloading the myCigna app.
2. Select the Wellness tab to enroll.
3. Go to Rewards > How to Earn to see a list of qualifying activities to earn rewards.

The Bridge HRIC Edition allows faculty and staff to stay up to date with all the latest benefits, events, well-being information, and more.

We want to hear from you! Share feedback on The Bridge with us.

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