



Colon on the Corner comes to the Kirklin Clinic on Friday, March 6

UAB Employee Wellness invites faculty and staff to Colon on the Corner, the annual colorectal cancer awareness event, on Friday, March 6, in the Kirklin Clinic first-floor atrium. Stop by anytime between 7-9 a.m. to snap a photo with the crowd-favorite 16-foot inflatable colon, enjoy a free cup of coffee from Red Cat Coffee, and connect with representatives from Employee Wellness and their partners to learn more about colon health and the importance of screening on time. Colorectal cancer is one of the most preventable and treatable cancers when detected early.

Can't make it on March 6? The inflatable colon will be on display beginning Tuesday, March 3, along with educational handouts focused on colorectal health. Learn more at uab.edu/colonscreen.

HUMAN RESOURCES NEWS



Heart Month at UAB continues with heart-healthy events in February

UAB Employee Wellness is keeping the focus on cardiovascular health throughout the month of February with free heart-healthy webinars and fitness classes on the Campus Green from University Recreation. Visit uab.edu/heartmonth to learn more, or select an event below to register:

- [URec on the Go Yogalates](#): Today, 11-11:45 a.m.
- [Stress Management for Heart Health Webinar](#): February 18, 12-1 p.m.
- [Move to the Beat: How Heart Health is Optimized by Movement Webinar](#): February 23, 12-1 p.m.
- [URec on the Go High Energy HIIT](#): February 25, 12-12:45 p.m.



Reminder: Employees can review job titles, pay grades and pay rates anytime in Oracle

Employees can use Self-Service Applications in the Oracle HR and Finance Administrative System at any time to review and verify current job titles, pay grades and pay rates. Visit the [Compensation website](#) for instructions on how to view and print employment and salary history, or log in to [Oracle](#) with a BlazerID and password.



Truth in Salary statements and 1095-C forms coming from UAB Benefits

In compliance with state law, UAB provides a Truth in Salary statement reflecting employer contributions to benefits and salary/wages reported in Fiscal Year 2024-2025.

Statements are available now in the [UAB for Me Portal](#) and a copy has been mailed to each employee's home address. The UAB Benefits office has also sent a 1095-C form to the home addresses of all benefit-eligible employees and employees who met eligibility for health insurance as defined by the Affordable Care Act (ACA). Additional information on the 1095 form can be found in the [HR Connect Portal](#).

UPCOMING EVENTS

URec on the Go: Yogalates

Today, 11-11:45 a.m., Campus Green

Faculty Well-Being: Stress Management

Today, 11 a.m.-12 p.m., via Zoom

LinkedIn Learning Chats: The Power of Attention

Today, 11-11:45 a.m., via Zoom

TechTalk: Qualtrics — Distributing & Tracking Surveys

February 16, 11 a.m.-12 p.m., via Zoom

UAB Shared Values: Collaboration with Kathleen Stallings & Andrea Osborne

February 17, 11 a.m.-12 p.m., via Zoom

DISC: Understanding Your Behavioral Style

February 17, 1:30-4 p.m., MT 419A

Making Recognition a Routine

February 18, 9:30-11:30 a.m., MT 419A

Stress Management for Heart Health Webinar

February 18, 12-1 p.m., via Zoom



EDUCATION SPOTLIGHT

AMP Leadership Series:

Delegate to Elevate

Thursday, February 19,
10-11:30 a.m., via Zoom

Learn how to shift from doing it all to leading with intention in this UAB Learning & Development session. Participants will learn how to delegate clearly, build trust, and empower their teams to take ownership, and walk away with actionable insights that boost productivity, reduce burnout, and

Faculty Well-Being: VitalCog Suicide Prevention in the Workplace

February 18, 1:30-3:30 p.m., LHL 411

Therapeutic Art Group: Love Mandala

February 18, 2-3 p.m., via Zoom

AMP Leadership Series: Delegate to Elevate

February 19, 10-11:30 a.m., via Zoom

Communicate Better: More Than Words

February 19, 2-3 p.m., via Zoom

TechTalk: Qualtrics — Analyzing & Reporting Survey Results

February 23, 11 a.m.-12 p.m., via Zoom

Move to the Beat: How Heart Health is Optimized by Movement

February 23, 12-1 p.m., via Zoom

Feedback from Impact

February 24, 10-11:30 a.m., via Zoom

Healthy Aging: Resources to Navigate the Uncertainties of Aging

February 24, 12-1:15 p.m., via Zoom

Hopeful Healing: Chronic Illness Support Group

February 24, 5:15-6:15 p.m., via Zoom

AI@Work: Zoom AI Summaries

February 25, 11-11:45 a.m., via Zoom

URec on the Go: High Energy HIIT

February 25, 12-12:45 p.m., Campus Green

Mental Health First Aid

February 26, 8 a.m.-5 p.m., via Zoom

Registration deadline is February 16

Your Check-In Strategy

February 26, 9:30-11:30 a.m., MT 419A

TechTalk: Qualtrics — Advanced Tips

March 2, 11 a.m.-12 p.m., via Zoom

Multigenerational Workforce

March 4, 10 a.m.-12 p.m., MT 419A

Colon on the Corner

March 6, 7-9 a.m., TKC 1st Floor Atrium

free up time for what matters most — leading with vision and confidence.

Register →



MOMENT OF MINDFULNESS
Healthy Aging: Resources to Navigate the Uncertainties of Aging

Tuesday, February 24,
12-1:15 p.m., via Zoom

Aging is a certainty, but many uncertainties come along with it — particularly for those juggling the care of dependent or young adult children with that of aging parents. Join the UAB Employee Assistance & Counseling Center and Senior Care Authority to explore the difficulties this presents and discover resources to help.

Register →

MONTHLY SPOTLIGHT



POLICY CORNER **HR Policy 111: Promotions and Transfers**

UAB offers both internal and interdepartmental promotions, defined as moves to higher-graded positions within the same department or across departments, respectively. Employees are encouraged to take advantage of professional development and advancement opportunities by considering transfer or promotion opportunities. To be eligible, employees must have one year of continuous service, a satisfactory performance record, and no recent disciplinary actions.

[Learn more →](#)



WELLNESS 101 **Heart-Smart Recipes**



FEATURED HR PROGRAM **Support for UAB Parents & Families**

UAB provides a variety of resources to support employees who are pregnant or expecting, new parents, and those raising a family — from reasonable accommodations for pregnancy and childbirth to designated lactation rooms across campus. UAB also offers dependent care resources for both working parents and employees caring for an aging parent or loved one. Explore tools and services to help you successfully balance your work and home life by visiting the Support for UAB Parents & Families webpage.

[Learn more →](#)



PERKS PICK **Green Garage**

Show your heart some love with these satisfying meals to support your cardiovascular health. Visit UAB Employee Wellness online for more heart-healthy resources and events during Heart Month at UAB. *Recipes courtesy of the Mayo Clinic.*

[Learn more →](#)

UAB employees get \$10 off oil changes and alignments, and 10 percent off the first \$250 in services, at Green Garage in downtown Birmingham. Visit the UAB Perks Program online to find more deals and discounts for UAB employees.

[Learn more →](#)

MEET HR

Kimberly Smith, Staffing Specialist

As a Talent Acquisition Staffing Specialist, Kimberly Smith spends her days guiding applicants and managers through the hiring process and getting the right people into the right roles.

Smith has held several roles at UAB, starting with the role of student. She graduated from UAB with a Bachelor of Science in Human Resources in 2021 and went on to get her MBA from the Collat School of Business in 2024. Smith worked as an intern while completing her studies, followed by a brief stint with Temporary Services before landing her first permanent role on the UAB Human Resources staff.

The best part about working at UAB, Smith said, is giving back to her school. Talent Acquisition visits the Collat School of Business each year during its career prep week to help students improve their resumes and interview skills and prepare for the workforce.

“I love to see people grow and succeed, and I’m glad to hold your hand along the way,” said Smith.

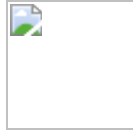
Smith takes this advice to heart. She regularly takes advantage of resources provided by UAB Learning & Development and other educational opportunities like the HR Lunch & Learn Series offered in 2023.

There is one thing she isn’t looking to improve, and that’s her widely sought-out homemade peach tea recipe. “I know how this sounds, but it’s true — I make the best homemade peach tea,” said Smith. “I’ve been making it for five



years and everyone asks for the recipe, but it's my secret." [Say hello to Kimberly Smith.](#)

Have a Question? Ask HR



Do you have news or announcements you would like to share in the UAB HR Monthly Newsletter? Email submissions to bcarbo@uab.edu.



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