

What is harder than rock, or softer than water? Yet soft water hollows out hard rock. Persevere. ~ Ovid

## Today's Top Three Things to Know:

### 1. Deferred Comp: T. Rowe Price Blog

The coronavirus has disrupted everyday life all over the world. It's understandable (and human!) to feel like you have no control. But it's important to look ahead and recognize that your Deferred Compensation Plan investments are geared toward the long term.

- a. Read more on the T. Rowe Price blog: [A Note from T. Rowe Price on the Current Market](#)
- b. For more information on how to keep on track, contact our T. Rowe Price Help Desk at [Fairfax457@troweprice.com](mailto:Fairfax457@troweprice.com)

### 2. Time Entry and Approval

With a significant number of employees teleworking, it is more important than ever for employees and supervisors to be entering and approving time daily.

- a. Working remotely with your own device? Access ESS/MSS through Citrix (<https://ffxremote.fairfaxcounty.gov>).
- b. Working remotely with a county-issued device? Access ESS/MSS using Zscaler.
- c. Questions about time entry/approval? Reach out to your department Payroll Contact.
- d. Reminder: tax and direct deposit changes can be made/initiated through ESS.

### 3. FREE - BurnAlong Fitness & Wellness App

BurnAlong is an online platform and mobile app with instant access to on-demand and live video classes at no cost to county employees when you sign up using your county email address.

- a. Employees can invite up to 4 family members to participate, at no additional cost.
- b. Choose from 100's of instructors spanning 45+ health and wellness categories.
- c. Programs for kids, adults and seniors include:
  1. Cardio, strength, dance, yoga, Pilates
  2. Mindfulness, meditation, sleep, nutrition
  3. Financial wellbeing
  4. Family programming—prenatal and kids' fitness, and even workouts with dogs
  5. Chronic condition programs—movement with arthritis, Parkinson's, and diabetes
- d. Learn more at <https://fit.burnalong.com/fairfaxcounty/>

#### Information and Training Resources:

- [Coronavirus FairfaxNET](#) webpage for employees
- [Coronavirus FAQs FairfaxNET \(All Items\)](#) or ([Most Recent](#))
- [Center for Disease Control](#) website
- [Fairfax County Emergency](#) blog
- [Fairfax County Health Dept](#) website
- [Department of Labor](#) (<https://www.dol.gov/agencies/whd/pandemic>) Info on FFCRA
- [Employee U](#); To ensure you are receiving information regarding virtual training sessions, register for all training through Employee U. Login using your County email address and password.