

**BENEFIT ENROLLMENT & INCENTIVES**

Did you know medical and dental plan enrollments or changes must be entered into the Benefitsolver website at <https://my.state.nj.us/au/Login?> If you enroll or enter a benefit change in the Benefitsolver system you may receive an alert to provide documentation for your dependents (birth certificates, social security cards, tax documents or marriage certificates). If you do not upload the requested documentation your eligible dependents will not be enrolled in your plan(s).

The Benefitsolver website has been designed as a portal with a means to communicate with plan participants. For this reason, it is a good idea to go back to the Benefitsolver website and view any messages on your profile. The Benefitsolver system and the HR Benefits Team will also send you a reminder to submit outstanding documents.

Did you know that Horizon offers monetary incentives to assist you in your health goals?

1. With [NJWell](#) if you earn 800 points you can receive a \$250 visa gift card.
2. If you enroll in the Horizon Omnia plan for one year you will receive a \$1,000 gift card.
3. [Bfit](#) will give you and your family members \$20 each month for completing 12 days of activity in a month.

Please note: These incentives are taxable benefits which will be applied at the end of the calendar year.

**EDUCATION ASSISTANCE PROGRAM**

Did you know each year you are eligible to be reimbursed up to **\$3,700** for educational assistance? Prior to the start of any course, academic credit by exam, seminar, or conference, submit an Educational Assistance Program Application to your supervisor if you have:

- Completion of one (1) year of continuous regular employment in a position working twenty (20) or more hours a week.
- Are in active pay status at the time of reimbursement which is upon receipt of your final grades.
- Current performance evaluation must be proficient or better.

**RUTGERS SCHOOL OF PUBLIC HEALTH AND HRSA**

The Rutgers School of Public Health is encouraging individuals currently working in the field of public health in New Jersey to consider applying for a scholarship to obtain a Master's in Public Health (MPH) degree or a Certificate in Population Health.

Eligible applicants will receive a 50% tuition scholarship. Anyone interested in this opportunity should contact the Office of Admissions at [admissions@sph.rutgers.edu](mailto:admissions@sph.rutgers.edu) or call 732-235-4646. The full details about the program can be found on the Rutgers School of Public Health website at: <https://sph.rutgers.edu/admissions/HRSA-PHSP.html>

**EMPLOYEE DISCOUNTS**

Did you know as a UH employee you are eligible for discount savings on goods and services? Click this link <https://www.uhnj.org/>, Login to the portal, under Employee Resources you will be able to access and view Employee Discounts.

### EMPLOYEE ASSISTANCE PROGRAM (EAP) – MENTAL HEALTH BENEFITS

Did you know you have several options to assist you in taking care of your mental health needs? You can access our EAP offered through the [Rutgers University Behavioral Health Program](#). You can also access resources through your health care provider. [Horizon BCBSNJ Behavioral Health](#) include unique services through AbleTo, a program that provides emotional support to you if you have a chronic illness. New Jersey Division of Pensions & Benefits has partnered with [Forge Health](#) to provide additional mental health services.

### FINANCIAL HEALTH/PLANNING

North Jersey Federal Credit Union is in the UH Cafeteria the first Tuesday of every month from 10am to 2pm and every first Thursday of every month from 2pm to 6pm. If you are not available to meet the representative in person you can visit their office located at 186 W. Market Street, Newark, NJ 07103 – 973-785-9200. You can view their website and review the services provided by clicking this [link](#).

### VOLUNTARY BENEFITS

Did you know that **M3 Technology** - provides Hospital Employees that are actively working guaranteed acceptance (no physical or blood test required) for voluntary benefit plans paid through payroll deductions.

To apply for coverage, please call **844-229-5630**.

**Universal Voluntary Life** – Permanent Life Insurance coverage with a cash value that continues to grow.

**Disability Insurance** – Comprehensive disability policy that can provide financial protection during an illness.

**Accident Insurance** – Accident insurance will provide cash payments to you for a covered accident.

**Critical Illness** – Critical illness insurance will pay you a lump sum cash payment upon your diagnosis of a covered condition.

**Pet Insurance** – Click this link <https://spotpet.link/uhnto> to get a quote or call **800-905-1595**. UH staff will get a 10% discount and a \$25 Amazon gift card if you enroll before December 31<sup>st</sup>. Please note that this benefit will be directly billed to you it will not be processed through payroll deduction.

**Wellness Program (WEMOFIT)** – This program puts wellness into motion by providing professional nutritionist and access to virtual training. They also provide access to corporate fitness challenges to assist you in meeting your goals. For more information on this free wellness program call **908-209-4824** or visit their website at [www.wemofit.com](http://www.wemofit.com). You can scan this QR code and use your UH or your personal email address to register.



### SOCIAL SECURITY/MEDICARE PARTS A & B

Did you know, Medicare Parts A & B could affect your medical benefits upon your retirement? The Social Security Administration will host quarterly virtual meetings in 2023 on [January 18th](#), [April 19th](#), and [July 12th](#) all at 1pm. The links for these virtual meetings will be in our newsletter. These meetings will provide information on Medicare Parts A & B, how these benefits may affect your medical coverage upon your Retirement and Social Security Benefits. To join the meeting just click the date link above at 1pm.

If you were not able to attend the virtual meetings with the Social Security Administration, please feel free to stop by the Human Resources Benefits Office and take advantage of the literature provided by the Social Security Administration

### RETIREMENT

New Jersey Division of Pensions & Benefits provides monthly seminars and webinars for PERS members. This [link](#) will take you to the **January 2023** schedule of events. Please contact the Division of Pensions & Benefits at 609-292-7524 if you have questions on your PERS account.

For information on your ABP or DCRP account, please contact the appropriate representative listed below or visit the UH Cafeteria for on-site counseling.

**AIG** (formerly Valic) Jerome Gregory  
732-343-4089

**Empower** (formerly MassMutual) Ken Quarnaccio  
848-248-4313

**Empower** (formerly Prudential) Raymond Allocco  
973-908-9619 or Stan Rovinski 609-218-3601

**Equitable** (formerly AXA) Marc Sheridan  
908-230-2042

**MetLife/BrightHouse** Stephen Stemple  
908-794-4265 or 800-842-9406

**TIAA** Nancy Vandergoot  
973-422-3731

**VOYA** Frank Booth  
860-573-5673

On site counseling Tuesday, **January 17<sup>th</sup>** from 11am to 2pm or [Schedule a virtual meeting or phone appointment.](#)

[Empower - Virtual Meeting with Ken Quarnaccio](#)

On-site counseling every **Wednesday from 11am to 2pm.** Retirement presentations will be held in HR, Building 8 Conference Room 816 from 12pm to 2pm - **New Hire Presentations** on **January 31<sup>st</sup>** and **July 11<sup>th</sup>** and **Retirement Presentations** on **April 4<sup>th</sup>** and **October 10<sup>th</sup>** Here is a link to [webinars on retirement.](#) You can also [Click here to schedule a virtual appointment with your dedicated retirement counselor!](#)

On-site counseling each Monday & Wednesday from 10am to 2pm.

On- site counseling every Tuesday from 10am to 2pm.

Schedule a virtual consultation [Click here to login and schedule a virtual meeting with a member of the TIAA financial consultant team](#) call 855-728-8422 for Individual Advisory Assistance.

Click this link for Voya [online retirement training](#)

### BENEFITS TEAM

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