

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/>, use the drop-down menu for UH employees. Login to portal.uhnj.org, under Employee Resources you will be able to access and view Employee Discounts.

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](#).

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.

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 31st. 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. You can scan this QR code and use your UH or your personal email address to register.



RETIREMENT

New Jersey Division of Pensions & Benefits provides monthly seminars and webinars for PERS members. This [link](#) will take you to the November 2022 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 noted below:

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 Zaki Saoud
201-498-8345

VOYA Frank Booth
860-573-5673

On site counseling Tuesday, November 22nd from 11am to 3pm or [Schedule a virtual meeting or phone appointment.](#)

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

To help newly hired employees prepare for Retirement a presentation will be held in HR in Building 8 Conference Room 816 on **November 15th** from 12 to 2pm. If you are not able attend the meeting here is a link to view the [Webinars \(retirepru.com\)](#). 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.

Contact the representative to schedule an onsite appointment.

Schedule a virtual consultation www.tiaa.org/schedule or call 855-728-8422 for Individual Advisory Assistance.

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

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 a virtual meeting on November 16th at 1pm. [Click here to join the meeting](#) This meeting 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.

BENEFITS TEAM

Tracey Bacskay - Benefits Services Associate 973-972-4743 bacskatr@uhnj.org
Claudine Green - Benefits Services Associate 973-972-0885 cruzgrcl@uhnj.org
Sherronda Williams - Manager Benefits Operations 973-972-3925 willi201@uhnj.org

If you have any questions on the topics discussed above or any employee benefit, please feel free to contact me using my email or phone number noted below.