

**VIRTUAL BENEFITS OFFICE HOURS**

We will now have Virtual Benefits Office Hours every Friday for 1 hour based on this schedule: 1<sup>st</sup> Friday of the month at 11am, 2<sup>nd</sup> Friday of the month 12pm, 3<sup>rd</sup> Friday of the month 1pm and the 4<sup>th</sup> Friday of the month 2pm. Just [click](#) here and get answers to your questions from one of the Benefits Staff members in a private setting.

**EMPLOYEE DISCOUNTS**

Did you know as a UH employee you are eligible for discount savings on goods and services? Click this link and login in the Portal <https://portal.ec.uhnj.org/>, then click on the Employee Discount Icon.

**Verizon** will be in the celebrating Nurses week in the UH Cafeteria on **May 2<sup>nd</sup> from 10am to 2pm and May 4<sup>th</sup> from 2pm to 4pm** giving out swag bags a providing information on their employee discount.

**LA Fitness** is now offering all UH employees a discounted signup fee of \$25 instead of \$99. [Click](#) this link to view their website and view the club amenities offered to members or stop by the UH Cafeteria on **May 2<sup>nd</sup> from 10am to 2pm and May 4<sup>th</sup> from 2pm to 4pm.**

**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.

**PUBLIC LOAN FORGIVNESS**

University Hospital is a state agency which may make you eligible to apply to the Public Service Loan Forgiveness (PSLF) Program. Public Service Loan Forgiveness (PSLF) is a federal program that forgives student loan debt for borrowers who work for a governmental organization. A governmental organization is a Federal, State, local, or Tribal government organization, agency, or entity, a public child or family service agency, a Tribal college or university, or the Peace Corps or AmeriCorps. Federal service includes military service.

If you have made 120 qualifying monthly payments (these payments do not have to be consecutive), you may be eligible for a Public Service Loan Forgiveness. University Hospital encourages employees to apply for this program. Click this link for the [Public Loan Forgiveness Application](#). Complete page one of the application and submit it to the Human Resources Benefits Office. Upon completion of the Employer section this application will be returned to you for your submission to the U.S. Department of Education.

**NEW JERSEY COLLEGE PROMISE**

The [New Jersey College Promise](#) offers an affordable way earn a college degree. This is accomplished through the Community Opportunity Grant (CCOG) and the Garden State Guarantee (GSG) programs that provide affordable pricing for up to four years of college in New Jersey. This program provides a pathway for New Jersey students to earn a college degree by covering a significant portion or all of their tuition and fees not already covered by other financial aid and scholarships.

**NEW JERSEY PAY IT FORWARD PROGRAM**

New Jersey has a Pay It Forward program which is designed to prepare New Jersey residents for in-demand careers in the field of health care, IT, and clean energy. This program provides zero-interest, no-fee loans for participants to receive job training. Participants pay no upfront costs and receive living stipends.

The training programs include:

1. The Cybersecurity Professional Bootcamp at New Jersey Institute of Technology (NJIT) in Newark
2. The Nursing Associate Degree Program at Hudson County Community College in Jersey City
3. The Heating, Ventilation & Air Conditioning (HVAC) and Welding courses offered by Camden County College

After training, participants only have a repayment obligation if their individual earned income is more than \$12,000 per year above the annual federal poverty level (FPL) for their household size.

You can learn more about this program at [njpayitforward.org](http://njpayitforward.org).

### **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>

### **Loan Redemption Available to Behavioral Healthcare Professionals**

The New Jersey Higher Education Student Assistance Authority (HESAA) is now accepting applications for the [Behavioral Healthcare Provider Loan Redemption Program](#). The purpose of the program is to help recruit and maintain a qualified workforce of behavioral healthcare professionals.

Under the program, behavioral healthcare professionals can apply to have HESAA pay off up to \$150,000 of their student loan balance in exchange for agreeing to work at an approved community behavioral and mental health provider located in New Jersey. For every two years of service in New Jersey, behavioral healthcare providers can apply for up to \$50,000 in loan redemption, for a maximum of six years.

In addition to the six-year, \$150,000 loan redemption offer, behavioral healthcare providers who work primarily with children and adolescents may also be eligible to receive supplemental incentive grants of up to \$5,000 annually for up to six years, resulting in an additional \$30,000 on top of the available \$150,000.

[Eligibility details](#) and access to the application are available online from HESAA.

## **HEALTH and WELFARE BENEFITS**

Did you know as a new employee you must enroll in your Benefits Plans within the **first 60 days** of your employment? You can use this link to enroll on the Benefitsolver website [mynjbenefitshub](#), or you may log in through [myNewJersey](#).

Did you know there are Wellness Programs offered through the State Health Benefit Program? They are the NJWELL programs. Click this [link](#) to get more information on Rewards, a Calendar of monthly events and view the Publication Library.

## **FINANCIAL HEALTH/PLANNING**

North Jersey Federal Credit Union will be celebrating Nurses Week which is May 6 through May 12th. On **May 2<sup>nd</sup> from 10am to 2pm** and **May 4<sup>th</sup> from 2pm to 4pm** stop by the UH Cafeteria and enter to win one of 3 Visa gift cards valued at \$300, \$200 or \$100. You must enter the sweepstakes between May 1<sup>st</sup> and 31<sup>st</sup> to win! If you are not able to stop by they are in the UH Cafeteria on the first Tuesday of every month from 10am to 2pm or the first Thursday of every month from 2pm to 6pm. You can always 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.

Did you know that in Medical News Today May is Mental Health Month? To access the Horizon Behavioral Health services through your health care provider just click this link: <https://www.horizonblue.com/behavioralhealth/>

## 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. 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 fitness 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 a virtual meeting on **July 12<sup>th</sup>** 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.

If you were not able to attend the virtual meeting 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 **May 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, visit the UH Cafeteria for on-site counseling or click this link <http://newjersey.retirepru.com/Webinars.aspx>.

<p><b>AIG</b> (formerly Valic) Jerome Gregory 732-343-4089</p> <p><b>Empower</b> (formerly MassMutual) Ken Quarnaccio 848-248-4313</p> <p><b>Empower</b> (formerly Prudential) Raymond Allocco 973-908-9619 or Stan Rovinski 609-218-3601</p> <p><b>Equitable</b> (formerly AXA) Marc Sheridan 908-230-2042</p> <p><b>MetLife/BrightHouse</b> Stephen Stemple 908-794-4265 or 800-842-9406</p> <p><b>TIAA</b> Nancy Vandergoot 973-422-3731</p> <p><b>VOYA</b> Frank Booth 860-573-5673</p>	<p>Informational seminar will be held in HR, Building 8 Conference Room 816 from 11:00 to 1pm on Friday, May 12<sup>th</sup> or you can <a href="#">Schedule a virtual meeting or phone appointment</a>.</p> <p><a href="#">Empower - Virtual Meeting with Ken Quarnaccio</a></p> <p>On-site counseling every <b>Wednesday from 11am to 2pm</b>. Retirement presentations will be held in HR, Building 8 Conference Room 816 from 12pm to 2pm - <b>New Hire Presentations on July 11<sup>th</sup> and Retirement Presentations on October 10<sup>th</sup></b> Here is a link to <a href="#">webinars on retirement</a>. You can also <a href="#">Click here to schedule a virtual appointment with your dedicated retirement counselor!</a></p> <p>On-site counseling each Monday &amp; Wednesday from 10am to 2pm.</p> <p>On-site counseling every Tuesday from 10am to 2pm.</p> <p>Schedule a virtual consultation <a href="#">Click here to login and schedule a virtual meeting with a member of the TIAA financial consultant team</a> call 855-728-8422 for Individual Advisory Assistance.</p> <p>Click this link for Voya <a href="#">online retirement training</a></p>
---	--

## BENEFITS TEAM

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