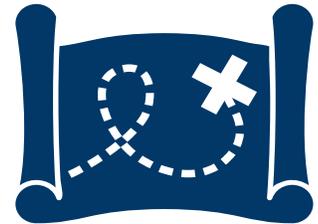




# Human Resources Bulletin

## Hunt For Health Care Savings and Win!

Use the Healthcare Bluebook *Fair Price Tool* to complete a health care savings scavenger hunt! Employees enrolled in a USNH medical plan can follow the trail to health care savings for a chance to be rewarded with valuable treasure. Complete the scavenger hunt by August 31, 2017 and you'll be entered to win a treasure trove of USNH must-haves: a waterproof fleece picnic blanket, a large umbrella, an impact-resistant glass water bottle and a bouncy stress ball!



Start the hunt today at [explore.healthcarebluebook.com/s3/Scavenger-Hunt-USNH](http://explore.healthcarebluebook.com/s3/Scavenger-Hunt-USNH) and...

1. Search for procedures in your area with the *Fair Price Tool*
2. Find the highest quality care available at the lowest price
3. Answer a few questions
4. Be entered to win!

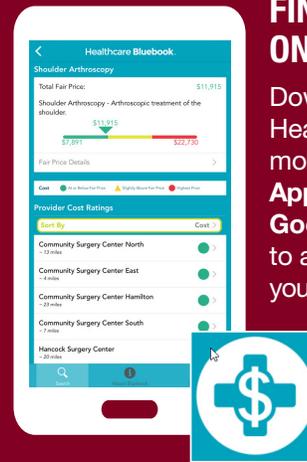
## CHOOSE A FAIR PRICE FACILITY



**Earn \$\$ for "Green" Choices.** Using the Healthcare Bluebook to choose a Fair Price facility saves you and USNH money. If you visit a "green"-ranked facility, you'll receive a cash reward of \$25, \$50 or even \$100, processed with your regular paycheck. (Note: Rewards will be paid with your paycheck and, by law, are taxable.)

## FIND CARE ON-THE-GO

Download the Healthcare Bluebook mobile app from the **App Store** (Apple) or **Google Play** (Android) to access care when you're away from home.



### PRICE

### QUALITY OF CARE

**At or Below Fair Price**

**Highest Quality** (top 33% in the U.S.)

**Slightly Above Fair Price**

**Average Quality** (middle 33% in the U.S.)

**Highest Price**

**Lowest Quality** (bottom 33% in the U.S.)

## FAQs YOU CAN USE

**Have a benefits question?** Get answers using the FAQs on USNH's HR website: [medical plans](#), [Healthcare Bluebook](#), [prescription drugs](#), and [Diabetic Care Coverage](#).

## SUGGESTIONS/COMMENTS?

Email [myusnh.hr@usnh.edu](mailto:myusnh.hr@usnh.edu) to provide feedback or suggestions for future articles.



# Cigna's Telehealth Connection—The Doctor Is Always In...



On January 1, 2017, we introduced Cigna's Telehealth Connection. Through Cigna's partnerships with MDLIVE and American Well, you have a convenient, quick and time-saving alternative to visiting your primary care doctor when you have non-urgent health concerns. Telehealth Connection offers confidential, live, "face-to-face" video consultations with board-certified, U.S.-based doctors, including pediatricians—24/7/365. Doctors can prescribe most medications and send them electronically to your pharmacy. (For behavioral health needs, visit the [cignabehavioral.com](http://cignabehavioral.com) directory for providers specializing in Telehealth.)

## Use Telehealth Connection for conditions such as...

			Pediatric Care:
Allergies	Ear Infections	Respiratory Infections	Cold and Flu
Asthma	Fever	Sinus Infections	Constipation
Bronchitis	Headaches	Skin Inflammation	Ear Infections
Cold and Flu	Joint Aches & Pains	Sore Throat	Fever
Constipation	Poison Ivy	Sports Injuries	Nausea & Vomiting
Diarrhea	Rashes	Urinary Tract Infections	Pink Eye

**Getting Started.** Visit [mdliveforcigna.com](http://mdliveforcigna.com) or [amwellforcigna.com](http://amwellforcigna.com) and create an account. For smartphone or tablet access, download one or both apps from the App Store (Apple) or Google Play (Android). Use MDLIVE or American Well and save time compared to visiting an urgent care center or Emergency

Room. (Note: MDLIVE and American Well are **only** for minor medical concerns; always call 911 in an emergency.)

Questions about **MDLIVE** or **American Well**?

- MDLIVE: **888.726.3171**
- American Well: **855.667.9722**

## FITNESS REIMBURSEMENT

### Rewards for Your Wellness Activities!

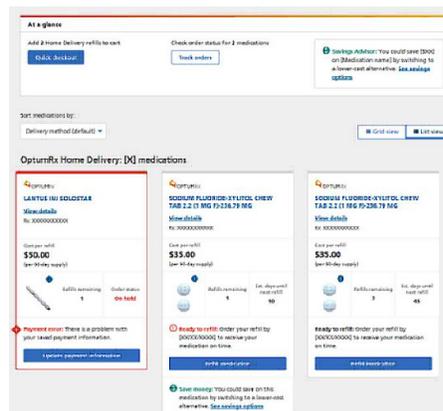
USNH offers you a \$500 fitness benefit if you're enrolled in a USNH Open Access Plus medical plan and you join a [participating fitness facility](#).



## OptumRx Improves its Website

Visit [optumrx.com](http://optumrx.com) today to see the site's new, enhanced features and tools!

- **My Medicine Cabinet**—at-a-glance actions for all your medications, transfer/fill prescriptions for home delivery
- **Order Status**—track your home delivery, set notifications, view order history, pay your balance
- **Proactive Savings Messaging**—offers simple ways to save
- **Drug Pricing Tool**—compare drug prices among up to five pharmacies
- **Household Access**—manage prescriptions for your family members



## BEREAVEMENT LEAVE IMPROVED: Grandparents and Grandchildren Now Included

As of June 21, 2017, USNH's definition of "immediate family" for bereavement leave includes a grandparent or grandchild. This change was made as a result of employee feedback and a review of benefits benchmark data. As a reminder, eligible employees receive up to five paid days off for the death of an immediate family member and one paid day off for the death of other relatives. For details on eligibility and a full list of individuals considered immediate family members under Bereavement Leave, visit [www.usnh.edu](http://www.usnh.edu).

