Use Your Benefits Year Round!

If you are enrolled in a USNH-sponsored medical plan with Cigna, your benefits go beyond covering visits to the doctor, prescriptions, and medical procedures. Don't forget about the many additional tools available to help you and your covered dependents stay well throughout the year. Programs include:

- **Cigna Telehealth**
  Receive virtual care for a wide range of non-urgent health issues through MDLIVE.
  Visit [mdliveforcigna.com](http://mdliveforcigna.com) to register and schedule an appointment 24/7.

- **24/7 Nurse Line**
  If you have a question or concern about your health, connect with a certified nurse 24/7 for additional information and guidance.
  Visit [mycigna.com](http://mycigna.com) or call 800-564-9286 to begin.

- **Hinge Health**
  If you have trouble with back pain, joint pain, or other musculoskeletal ailments, Hinge Health is here to help you.
  Visit [hingehealth.com/usnh](http://hingehealth.com/usnh).

- **Online Health Assessment**
  Complete Cigna’s Health Risk Assessment and earn up to a $150 MyPath2Wellness credit toward your medical premium.
  Visit [mycigna.com](http://mycigna.com) to begin.

- **Oncology Support Program**
  Cigna’s oncology care management program provides personalized, effective care for cancer patients.
  Visit [mycigna.com](http://mycigna.com) or call 800-564-9286 to learn more.

- **Fitness Reimbursement**
  Receive up to $300 back when you enroll in a qualified fitness activity, such as signing up for a gym membership, purchasing fitness equipment, or getting a ski or pool membership.
  Submit your paid receipt(s) to Cigna with the completed form found on the [USNH Benefits page](http://USNH.Benefits).

- **Talkspace**
  Talkspace is an online mental health therapy service that connects users to a dedicated, licensed therapist via private messaging or live video session.
  Visit [talkspace.com/cigna](http://talkspace.com/cigna) to get started. Download the Talkspace app (iOS or Android) for access on the go.

- **Stress Management Activities with Happify**
  Manage your stress and build resilience by participating in science-based activities and games with Happify.
  Visit the “Emotional Health” tab on the [mycigna.com](http://mycigna.com) portal to begin.

Visit MyBenefits.USNH.edu

Your go-to resource for benefits is [mybenefits.usnh.edu](http://mybenefits.usnh.edu), where you can:

- Enroll in or make changes to your benefits
- Find benefit plan information and summaries
- Access vendor websites
- Review dependent eligibility requirements

Vendor Contact Information

<table>
<thead>
<tr>
<th>Vendor</th>
<th>Phone</th>
<th>Website</th>
</tr>
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<tbody>
<tr>
<td>Cigna Healthcare</td>
<td>800-244-6224</td>
<td><a href="http://cigna.com">cigna.com</a> <a href="http://mycigna.com">mycigna.com</a></td>
</tr>
<tr>
<td>OptumRx</td>
<td>866-633-5874</td>
<td><a href="http://optumrx.com">optumrx.com</a></td>
</tr>
<tr>
<td>Northeast Delta Dental</td>
<td>800-832-5700</td>
<td><a href="http://nedelta.com">nedelta.com</a></td>
</tr>
<tr>
<td>VSP Vision Care</td>
<td>800-877-7195</td>
<td><a href="http://vsp.com">vsp.com</a></td>
</tr>
<tr>
<td>HealthEquity/WageWorks – Flexible Spending Accounts</td>
<td>877-924-3967</td>
<td><a href="http://wageworks.com">wageworks.com</a></td>
</tr>
<tr>
<td>TIAA</td>
<td>800-842-2776</td>
<td><a href="http://tiaa.org/usnh">tiaa.org/usnh</a></td>
</tr>
<tr>
<td>Fidelity Investments</td>
<td>800-343-0860</td>
<td><a href="http://netbenefits.com/usnh">netbenefits.com/usnh</a></td>
</tr>
<tr>
<td>Sun Life Financial</td>
<td>866-806-3619</td>
<td><a href="http://sunlife.com/us">sunlife.com/us</a></td>
</tr>
<tr>
<td>Employee Assistance Program (EAP)</td>
<td>800-424-1749</td>
<td><a href="http://eaphelplink.com">eaphelplink.com</a> Company code: USNH</td>
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HR BENEFITS SUPPORT

For questions about your benefits, employees at all campuses should contact [hr.benefits@usnh.edu](mailto:hr.benefits@usnh.edu) or call **603-862-0504**. Our HR team is ready to help you!