

BENEFITS TOOLS AND RESOURCES

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 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 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.

► Online Health Assessment

Complete Cigna's Health Risk Assessment and earn up to a **\$150 MyPath2Wellness credit** toward your medical premium.

Visit mycigna.com to begin.

Oncology Support Program

► Cigna's oncology care management program provides personalized, effective care for cancer patients.

Visit 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](#).

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 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 portal to begin.

Visit MyBenefits.USNH.edu

Your go-to resource for benefits is 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

Vendor	Phone	Website
Cigna Healthcare	800-244-6224	cigna.com mycigna.com
OptumRx	866-633-5874	optumrx.com
Northeast Delta Dental	800-832-5700	nedelta.com
VSP Vision Care	800-877-7195	vsp.com
HealthEquity/ WageWorks – Flexible Spending Accounts	877-924-3967	wageworks.com
TIAA	800-842-2776	tiaa.org/usnh
Fidelity Investments	800-343-0860	netbenefits.com/usnh
MetLife – Voluntary Benefits	800-438-6388	metlife.com/mybenefits
Sun Life Financial	866-806-3619	sunlife.com/us
Employee Assistance Program (EAP)	800-424-1749	eaphelpink.com Company code: USNH

HR BENEFITS SUPPORT

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