

# 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](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.

### ► 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.

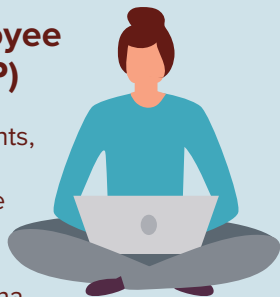
### ► Fitness Reimbursement

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](#).

## Spring Health, our Employee Assistance Program (EAP)

Available for life's everyday moments, in times of crisis, and everything in between, Spring Health is available to all employees and household family members (age 6+). You **do not** need to be enrolled in a Cigna program to access their care support and resources.



Get up to **8 free therapy sessions** and **8 free coaching sessions**—that's 16 sessions total—per person, per year, covered by USNH at no cost to you.

## Visit [MyBenefits.USNH.edu](http://MyBenefits.USNH.edu)

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



## Vendor Contact Information

Vendor	Phone	Website
Cigna Healthcare	800-244-6224	<a href="http://mycigna.com">mycigna.com</a>
OptumRx	866-633-5874	<a href="http://optumrx.com">optumrx.com</a>
Northeast Delta Dental	800-832-5700	<a href="http://nedelta.com">nedelta.com</a>
VSP Vision Care	800-877-7195	<a href="http://vsp.com">vsp.com</a>
HealthEquity/ WageWorks – Flexible Spending Accounts	877-924-3967	<a href="http://wageworks.com">wageworks.com</a>
TIAA	800-842-2776	<a href="http://tiaa.org/usnh">tiaa.org/usnh</a>
Fidelity Investments	800-343-0860	<a href="http://netbenefits.com/usnh">netbenefits.com/ usnh</a>
MetLife – Voluntary Benefits	800-438-6388	<a href="http://metlife.com/mybenefits">metlife.com/ mybenefits</a>
Sun Life Financial	866-806-3619	<a href="http://sunlife.com/us">sunlife.com/us</a>
Spring Health (EAP)	855-629-0554	<a href="http://usnh.springhealth.com">usnh.springhealth.com</a>

### HR BENEFITS SUPPORT

Contact [hr.benefits@usnh.edu](mailto:hr.benefits@usnh.edu) or call 603-862-0504.