

## 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](https://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](https://mycigna.com) or call 800-564-9286 to begin.

### ▶ Healthcare Bluebook

Shop for care, compare facilities, save money on health care services, and earn rewards with Healthcare Bluebook.

Go to [healthcarebluebook.com](https://healthcarebluebook.com) (company code: USNH) to begin.

### ▶ Online Health Assessment

Complete Cigna's Health Risk Assessment and earn up to a **\$150 MyPath2Wellness credit** toward your medical premium in 2023.

Visit [mycigna.com](https://mycigna.com) to begin.

### ▶ Oncology Support Program

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

Visit [mycigna.com](https://mycigna.com) or call 800-564-9286 to learn more.

### ▶ Fitness Reimbursement

Receive up to **\$300 back** when you participate in a qualified fitness activity, such as signing up for a gym membership or purchasing fitness equipment.

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](https://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](https://mycigna.com) portal to begin.

## Visit MyBenefits.USNH.edu

Your go-to resource for benefits is [MyBenefits.USNH.edu](https://MyBenefits.USNH.edu), where you can:

- View your current 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	<a href="https://cigna.com">cigna.com</a> <a href="https://mycigna.com">mycigna.com</a>
OptumRx	866-633-5874	<a href="https://optumrx.com">optumrx.com</a>
Northeast Delta Dental	800-832-5700	<a href="https://nedelta.com">nedelta.com</a>
VSP Vision Care	800-877-7195	<a href="https://vsp.com">vsp.com</a>
HealthEquity/ WageWorks – Flexible Spending Accounts	877-924-3967	<a href="https://wageworks.com">wageworks.com</a>
TIAA	800-842-2776	<a href="https://tiaa.org/usnh">tiaa.org/usnh</a>
Fidelity Investments	800-343-0860	<a href="https://netbenefits.com/usnh">netbenefits.com/usnh</a>
MetLife – Voluntary Benefits	800-438-6388	<a href="https://metlife.com/mybenefits">metlife.com/mybenefits</a>
Sun Life Financial	866-806-3619	<a href="https://sunlife.com/us">sunlife.com/us</a>
Employee Assistance Program (EAP)	800-424-1749	<a href="https://eaphelplink.com">eaphelplink.com</a> Company code: USNH