Care from the Comfort of Home

If you’re enrolled in a USNH Medical Plan administered by Cigna, you can use telehealth services through Amwell and MDLIVE. Both services connect you with U.S. board-certified doctors by secure video chat or by phone.

Telehealth is great for a wide range of non-urgent health issues—especially those that tend to happen in the summer, like heat rash, summer colds, infections, sunburn, asthma, and food poisoning. Appointments are available at your convenience, 24/7. Also, you’ll save money compared with going to an urgent care center or emergency room.

Visit amwellforcigna.com or mdliveforcigna.com to register now. That way, you’re ready to video-chat or talk with a doctor when needed.

Consider Your Mental Health

According to the Centers for Disease Control and Prevention (CDC), stress is common during an infectious disease outbreak. That stress can lead to changes in sleep and eating, worsening health conditions, fear and anxiety, and increased use of alcohol, tobacco, and other drugs.

- **MDLIVE** offers board-certified psychiatrists and licensed therapists to help you process information as it develops, create strategies to manage your concerns, identify healthy activities, and put together a plan tailored to your unique situation and needs. To get started, visit mdliveforcigna.com or call 888-726-3171.

- **Talkspace**, now available through Cigna, is an online therapy platform that makes it easy and convenient to speak with a licensed behavior therapist, anywhere, anytime. Chat over video or text, all from the Talkspace mobile app. Visit talkspace.com/cigna to learn more and get started!

Find Quality Providers with Healthcare Bluebook

Due to COVID-19, many doctors and hospitals have been postponing routine and non-emergency medical procedures. Healthcare Bluebook can help you find high-quality, low-cost care in your area. Healthcare Bluebook is fully committed to supporting you throughout this stressful time. For help rescheduling a procedure or finding the best provider for your care, their member services team is happy to assist you. Remember to talk with your doctor to confirm if your procedure is necessary at this time.

For a list of COVID-19 resources or to find a Fair Price™ provider, visit healthcarebluebook.com, select “Already a Bluebook member?,” then enter the company code “USNH.”

**Note:** If you use the Fair Price digital tool and earn a reward, the taxable payment is processed through USNH payroll.

Are You Experiencing COVID-19 Symptoms?

MDLIVE and Amwell doctors are here to help. Doctors can assess your condition and help determine the necessary next steps. For more information on how telehealth can help during COVID-19, and to use a coronavirus risk assessment tool (MDLIVE), visit mdlive.com/coronavirus or amwell.com/cm/conditions/coronavirus.

Find the latest COVID-19 USNH resources and communications on the USNH Human Resources website.
We’re Committed to Being a Recovery Friendly Workplace

The University System of New Hampshire is committed to creating a healthy, safe, and stigma-free work environment. We do this, in part, through our participation in the New Hampshire Governor’s Recovery Friendly Workplace Initiative. Recovery Friendly Workplace encourages employers and communities to provide support for people recovering from substance use disorder (addiction). If you or a loved one is affected by substance use disorder, please see “The EAP Can Help!” (to the right) and reach out for support. Your well-being and safety are very important to us.

We look forward to working with the State of New Hampshire and local support organizations to make the University System of New Hampshire the healthiest and most supportive workplace possible.

Update: Kronos Time Management System

We’re in the final stages of launching the Kronos Workforce Dimensions time management system. Throughout the summer, we are continuing a staggered rollout to groups of employees identified by each campus. The final employee group to begin using the system (all remaining adjunct and student employees) will receive access to Kronos in October 2020.

As of June 29, 2020, Kronos has been rolled out to:

- Active status employees
- UNH Business Affairs, Facilities, Finance & Administration, Advancement, Athletics and Enrollment Management employees
- USNH office staff employees (“Pilot Group”)
- All USNH campus HR team members (“Pilot Group”)

Thank you for supporting this important program transition!

Questions about the Kronos project?
Please contact your campus HR office.

Kronos Information and Resources

It takes some time and practice to get used to a new system. Visit the USNH Human Resources website for a Kronos refresher, including overviews, videos, and job aids with step-by-step instructions for all employees and time approvers.

The EAP Can Help!

If you or a loved one has an alcohol, drug, or other substance use issue, or emotional, family, financial, or other concerns, connect with the Employee Assistance Program (EAP) now at eaphelplink.com (company code “USNH”) or 800-424-1749. EAP counselors are ready to help 24/7. You pay nothing for an unlimited number of telephone sessions, or for up to six in-person sessions per issue, with a licensed and credentialed master’s-level or Ph.D.-level counselor.

Retirement Plan Investments: ESG Options

If you’re looking to make socially conscious financial investments, consider the environmental, social, and governance (ESG) options available through the 403(b) Retirement Plan, described below. ESG options are available through both TIAA and Fidelity.

According to Investopedia, ESG criteria are a set of standards that investors can use to evaluate companies on the following metrics:

- **Environmental**: How a company performs as a steward of nature.
- **Social**: How a company manages relationships with employees, suppliers, customers, and the communities where it operates.
- **Governance**: Company’s leadership, executive pay, audits, controls, and shareholder rights.

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<tr>
<th>Fund</th>
<th>Investment Objective</th>
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<tr>
<td><strong>TIAA-CREF Social Choice Account</strong></td>
<td>Seeks a favorable long-term rate of return that reflects the investment performance of the financial markets while giving special consideration to certain ESG criteria. The Fund’s evaluation process favors companies with leadership in ESG performance relative to their peers.</td>
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<tr>
<td><strong>Fidelity: Vanguard FTSE Social Index Fund (VFTAX)</strong></td>
<td>Employs an indexing investment approach to track the performance of the FTSE4Good US Select Index, which is composed of large and mid-cap companies that have been screened for criteria related to the environment, human rights, health and safety, labor standards, and diversity. It excludes companies that FTSE determines are involved with weapons, tobacco, gambling, alcohol, adult entertainment, and nuclear power.</td>
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