

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.

► 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.

► 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](#).

Surgery and Cancer Support through Lantern

All covered employees and family members are eligible for Lantern and have access to

Cancer Care for all types and stages of cancer, and **Surgery Care**, which helps covers the most expensive costs of surgery. Visit my.lanternicare.com to learn more.



Spring Health, our Employee Assistance Program (EAP)



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. Visit the USNH [EAP page](#) to learn more.



Visit Workday

Log in to Workday to view your current benefits, review and update your beneficiaries, and make changes if you experience a qualifying life event.



Vendor Contact Information

Vendor	Phone	Website
Cigna Healthcare	800-244-6224	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
Spring Health (EAP)	855-629-0554	usnh.springhealth. com
Lantern	855-204-3923 (Cancer Care) 855-676-3920 (Surgery Care)	my.lanternicare.com
CAPTRUST Investment Advice	800-967-9948	captrustadvice.com

HR BENEFITS SUPPORT

Dial 2525 or submit a [Help Ticket](#).



FIND YOUR ID CARDS ONLINE

Cigna's ID cards will be digital-only, so you never have to worry about misplacing it!