

hr Bulletin

USNH | hr
TOGETHER FOR U.

JUNE 2025



As we look toward summer, we wanted to remind you of the existing resources and tools you and your family have access to through USNH. Our benefits are designed to support your varied needs and include mental health resources, financial tools, physical health support, and more. Read on to learn more about these resources, as well as a few upcoming important changes!

Make Your Mental Health A Priority



While we've just finished up Mental Health Awareness Month in May, it's important to check in on your mental health all year long. When you take care of your own mental health, you're not just prioritizing yourself, but also making sure you show up for your loved ones. At USNH, our goal is to provide you with an array of resources—and to make it easy for you determine the best ones for your needs.

Start with the USNH Mental Wellbeing Guide

Take a moment to read the [USNH Mental Wellbeing Guide](#). You'll find all of your mental health resources in one place, including virtual care, substance use support, help for your child, and much more. The Guide will also help you determine where to go based on the support you need.

Lean on Your Employee Assistance Program

Use your Employee Assistance Program (EAP), through Spring Health, for any issues you or a family member may be facing, big or small.

Spring Health is available to all employees and household family members. You do not need to be enrolled in a USNH medical plan to take advantage of this benefit! With Spring Health, you and each household member can receive up to **eight (8) therapy sessions** and **eight (8) coaching sessions** per issue, per year. **That's 16 total sessions at no cost to you.**

You also have access to:

- Mindfulness and meditation practices
- Work-life balance exercises
- Career coaching
- Clinically licensed Care Navigators
- Childcare referrals
- Legal assistance
- Substance use support
- Tobacco cessation support

Whatever you use Spring Health for, **your personal information is kept 100% private**. For 24/7 assistance, visit springhealth.com or call 855-629-0554.



988

If you or a loved one are in an immediate life-threatening situation, call the suicide hotline at 988 for immediate help.

Meet Your Professional Goals with LinkedIn Learning

Our presidents and leadership teams across all of our campuses are committed to your development, professionally and personally. We're proud to offer LinkedIn Learning at no cost to all employees and students. Course content can be viewed through Workday Learning by clicking Learning from the Global Navigation Menu, or you can use your single sign on credentials to [directly access LinkedIn Learning](#).

Two unique tools are available to help you expand your skills:

Workplace Interactions Practice

Build confidence in handling workplace challenges by practicing your human skills in real-time role play scenarios. You'll receive personalized feedback and targeted content recommendations to help you strengthen your skills, close any gaps identified during your session, and boost your confidence in key interactions. [Get started today](#).

Artificial Intelligence (AI) Coaching

The AI-powered coaching feature helps learners find LinkedIn Learning content across all professional skills. Learners can write prompts like the following examples:

"Teach me about pivot tables"

"Help me find a video about JavaScript for experienced programmers"

"How can I make meetings more engaging?"

The feature uses generative AI tools to convert the learner's prompt into a search query. It responds with course, video, or learning path recommendations and may include a brief description of the content, explain topics, or offer actionable advice and examples. [Get started today](#).

Check Out a New Way to See Your Total Compensation

We are committed to ensuring that your compensation reflects the hard work and talent you bring to this university. As an employee, your compensation includes not only your salary, but also health and welfare benefits, time off, disability, retirement, tuition reimbursement, and more. Most of these are subsidized by the university, at no additional cost to you!

As a part of our transition to Workday, there's a new way to view your total compensation package. Instead of receiving an annual Total Compensation Statement in the mail, you can access this information straight through Workday any time you'd like. [Click here](#) to see instructions on the Workday Resources website!



THE USNH SYSTEM OFFICE IS MOVING!

We're excited to announce that our office will have a new home! As of July 1, 2025, the address of USNH will be:

USNH System Office
Farnum Hall
28 College Drive
Concord, NH 03301

Please note that our phone number and email addresses will remain the same.

Access Financial Advisors Through CAPTRUST

The last couple of months have been volatile in the investment markets. Recent trade policy decisions have introduced a significant amount of uncertainty, and you have likely noticed a decline in global stock markets. It is important to remember volatility is a natural part of equity markets, including downturns like the one we are currently experiencing.

However, history shows that markets ultimately recover, despite temporary and sometimes painful declines.

In times like these, remember you have access to financial counselors via CAPTRUST at Work. Whether you need help developing a budget, want to discuss market volatility, or something else, they are available to answer your questions.



There are several ways to contact a financial counselor:

- **Call:** Dial 800-967-9948. Financial counselors are available Monday through Thursday from 8:30 am to 5:30 pm ET, and on Fridays from 8:30 am to 4:00 pm ET.
- **Schedule an Appointment:** Visit www.captrustatwork.com and select "Schedule an Appointment" in the upper right-hand corner. You can schedule 30-minute phone appointments at a time, and if you need an hour, look for back-to-back slots. Financial counselors are available Monday through Thursday from 8:30 am to 7:30 pm ET, and on Fridays from 8:30 am to 5:30 pm ET.
- **NEW! Teams Meetings:** Look for an email with more options for scheduling your own one-on-one Microsoft Teams virtual appointment with a live CAPTRUST financial advisor.

We encourage you to take advantage of this benefit no matter where you are on your financial wellness journey!

Benefits Reminders

Save Money on Care with Lantern

When you have a major medical concern, the last thing you want to think about is money. Lantern and their dedicated Care Team can help you reduce costs associated with your care. Through Lantern, you have access to two programs:

Surgery Care and **Cancer Care**.

- **Surgery Care** helps save you money by connecting you with high quality providers at a lower cost, **saving the average member \$2,000 – \$4,000**. Sometimes, these providers may be further away than your usual doctor—but Lantern covers 100% of your travel costs. Procedures covered under Surgery Care include hernia repairs, knee and hip replacements, bariatric surgery, Ear, Nose and Throat (ENT) surgery, and more.
- **Cancer Care** helps you navigate the realities of battling cancer. You are assigned a personal Oncology Nurse Navigator to help with every step of your cancer journey, no matter your cancer type or stage.

Your Lantern Care Team can also help you choose a specialist and navigate other tricky health care questions. To connect with Lantern, visit my.lanternhealth.com or call 855-676-3923 for Cancer Care and 855-676-3920 for Surgery Care.

Add Menopause Support to Your Chronic Pain Care with Hinge Health

Menopause symptoms are often overlooked and swept under the rug. But joint pain, bone density changes, and hot flashes are no joke, and we're here to support you.

If you are enrolled in a chronic or pelvic health program through Hinge Health, you also have access to menopause care, which includes:

- A virtual care plan tailored to your specific needs
- Expert guidance from a physical therapist trained in menopause care
- Access to the Hinge Health app where you can find your care details at any time.



Menopause support is not a standalone program, so you must already participate in a program through Hinge Health to enroll.

If you are a new female member of Hinge Health who is age 40 or older, you will see the option to add on menopause care when you log into Hinge Health. If you are an existing member or a member within another age range, you can join by messaging your care team.

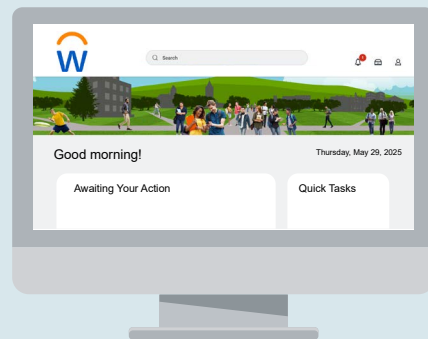
To learn more or enroll, visit hinge.health/usnh-menocare or call 855-902-2777.

Don't Forget About Your Preventive Care

We're well in 2025, and with summer approaching, make sure preventive care stays on your to-do list. Be sure to:

- Book your dental cleanings and exams
- Schedule an eye exam, if necessary
- Learn the preventive care screenings you need this year based on your age and lifestyle, such as colonoscopies, mammograms, well-woman exams, and more
- Stay up to date on your child's pediatric care

Let's stay healthy this summer!



What's New with Workday?

Since Workday officially went live in December, we've been busy enhancing the USNH Workday Resources website with new updates and helpful information. Check out what's new:

- The [USNH Workday Resources Website home page](#) has a new look and feel to assist you with navigation.
- We introduced a new [Training Directory](#) to help you find job aids at-a-glance with quick links to resources.
- Visit [Workday Pro Tips](#) to learn tips and tricks to using Workday.
- We expanded the [Support webpage](#) to provide links to submit Help Central Support tickets for HR, FIN and IT Workday issues.
- [Workday Foundational Training courses](#) are now available in Workday Learning, which managers can assign to new employees.
- Learn about [Workday Learning for Managers](#) to leverage Workday learning for you and team members.
- We added these job aids for [Costing Allocation Expenses](#), and [Period Activity Pay](#).