



MAY 2026



As the weather gets warmer and the school year comes to a close, here are some important reminders and resources to help you take full advantage of the spring and summer. Whether you're traveling with friends and family, prioritizing your well-being, or just taking a moment to breathe and relax during the warmer months, we're here to empower you to do so.

We're Here for Your Health, All Year Long

Your physical health is constantly evolving, and as your day-to-day needs change, USNH remains committed to providing you with the support and resources you need to be your healthiest self. The following resources are available to those enrolled in a USNH medical plan.

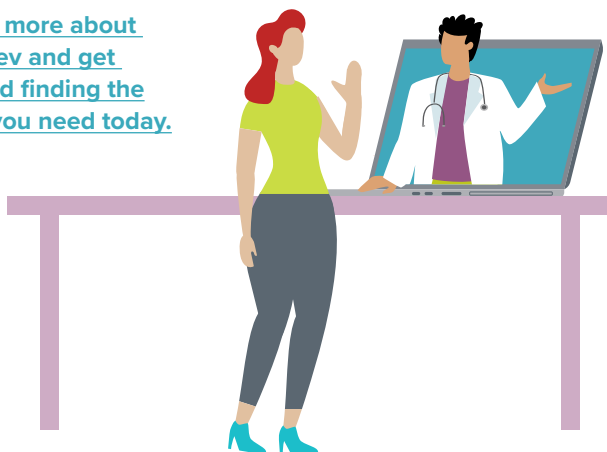
The Menopause Support You Deserve, At Your Fingertips

During Women's Health Month, we encourage you to explore our menopause resources.

Menopause impacts every woman and can bring significant physical and emotional changes, yet it is often overlooked. We're here to give you the tools you need to access comprehensive care and navigate this stage of life with confidence.

Anthem BCBS provides you with menopause resources through Gennev®, their online partner who offers virtual holistic care to support women in managing menopause and the associated symptoms. Care is provided by board certified OB/GYNs, registered dietitians, and behavioral health specialists.

[Learn more about Gennev and get started finding the care you need today.](#)



Migraine Relief Through Hinge Health

Struggling with migraines? Hinge Health can help.

Meet Enso® for Migraine, an FDA-cleared, wearable device controlled through the Hinge Health app. Enso reduces migraine pain in minutes and stimulates your endorphins, the body's natural painkillers.

In addition to Enso, your migraine care resources include guided exercise sessions, migraine tracking and insight on the Hinge Health app, and a dedicated care team to walk you through your care strategy. [Get started with Hinge Health today.](#)



DID YOU KNOW?

In recognition of Women's Health Month, here's a look at how migraines affect women differently than men.



Women are 3x more likely to experience migraines than men



85% of all chronic migraine sufferers in the U.S. are women



Migraines are the #1 cause of disability for women under 50

Preventive Care from Home

Preventive screenings and annual wellness visits are a crucial part of maintaining overall good health—and keeping up with them is easier than ever. If you are enrolled in a USNH medical plan, you can connect with board-certified doctors from the comfort of your own home through LiveHealth Online Annual Wellness visits. Meet with a primary care provider who can help you manage your preventative screenings, address any chronic health concerns, and give referrals for lab work and specialists. Booking an appointment is easy:

- 1 **Sign up or log in** to [LiveHealth Online](#) or the [Sydney HealthSM app](#).
- 2 **Schedule your visit:** Select a date and time that works best for you.
- 3 **Meet with your provider:** When it's time for your appointment, use your smartphone, tablet, or computer to meet securely through our Sydney Health app or [anthem.com](#).
- 4 **Follow your care plan:** Your provider will give you a detailed care plan after your visit.

DID YOU KNOW?

You can use LiveHealth Online for health needs that need a quick response, like ear infections, UTIs, skin rashes, cold symptoms, and more.



Check In on Your Financial Health

April was Financial Health Month—and USNH encourages you to focus on your financial health every month of the year and provides you resources to do so. Whether you're thinking ahead to retirement or just doing your best to manage day-to-day expenses, read on to learn more about several updates meant to support you.

Payday Just Got Easier With Wisely!

We're excited to introduce a new option to receive your bi-weekly paycheck: **the Wisely pay card.**



The Wisely card is a reloadable, prepaid, payroll-funded debit card that you can use to receive your paycheck up to two days early, without having a traditional bank account. Use the Wisely card to pay for daily expenses, make bill payments, or take out cash at an ATM. You can also add your Wisely card to your Apple Wallet, Google Pay, or Samsung Wallet so you can easily tap to pay. And, you can order up to three additional cards, so your family members can use the Wisely card too.

Wisely is available to all employees at USNH! You can opt to have all or some of your paycheck deposited into your Wisely card—or you can continue to receive your paycheck through direct deposit or a paper check.

To get started or to learn more:

- Visit [mywisely.com](#) ([click here for Spanish](#)).
- Review the [Wisely Set Up Instructions](#).
- Read [Wisely FAQs](#) for more information.

If you have questions for payroll, please [submit a ticket](#) or call 603-862-2525 (option 6, then option 1).

Get Cash for Being a Smart Healthcare Consumer

As an Anthem BCBS member, you now have access to SmartShopper, a plan feature that sends you cash rewards when you choose to receive care at high-value locations. SmartShopper lets you compare in-network locations for over 70 different medical procedures and tests, such as colonoscopies, mammograms, and much more.

During the month of May, you have a chance to **win a \$250 prize** when you use SmartShopper to browse care locations! The first 50 USNH Anthem BCBS members to “shop” for care will also earn a \$5 digital gift card, sent to your email on file. If you don't redeem the digital gift card after 60 days, a physical gift card will be mailed to your home.

To log into your account or register with SmartShopper, visit [smartshopper.com](#).



Meet Chapter, a Medicare Advisory Service from CAPTRUST

As part of our ongoing relationship with CAPTRUST, employees who participate in the USNH retirement plan have access to Chapter, a **Medicare advisory service that provides free, personalized guidance for those approaching Medicare eligibility or who are already enrolled.** Chapter's Medicare experts can help you evaluate every available Medicare option nationwide, including Medicare Advantage, Medicare Supplement Insurance, and prescription drug plans. Unlike many advisors who are limited to a small set of plans, Chapter compares all carriers and plan types to ensure their recommendations are based solely on your individual healthcare needs.



Through Chapter, you'll receive:

- Unbiased, one-on-one Medicare guidance
- Help selecting or reviewing Medicare coverage
- Support preparing for Medicare eligibility or retirement
- Ongoing, year-round assistance as healthcare needs change
- End-to-end, white glove support at no cost

To learn more or schedule time with Chapter, visit askchapter.org/captrust.

Did you miss the recent CAPTRUST At Work Retirement webinar? [Watch the recording here.](#)

Don't Forget! Important Updates and Reminders

UNH Conference for Office Professionals

Stay ahead in today's fast-paced workplace at the 2026 UNH Conference for Office Professionals, offered by the UNH Professional Development and Training team and designed for office managers, executive assistants, and administrative professionals. Gain practical skills in areas like AI tools, communication, and project management while connecting with your peers. You'll also enjoy four keynote sessions, meals, and full conference access, all to help you grow, adapt, and excel in your role.

[Click here to learn more and register today.](#)

Meet Our New AI-Powered HR Chatbot

Find answers to your questions faster than ever with our AI-powered internal chatbot, now available on the [Workday SharePoint](#) and [USNH SharePoint](#). The chatbot is designed to help you quickly find answers to common questions related to Workday, HR, Finance, and ET&S. In a matter of seconds, the chatbot pulls information from TeamDynamix, the USNH website, and the Workday SharePoint site to give you the answers you need. Employees can ask the chatbot for links, guidance on submitting documentation or handling specific processes, and general help finding information more efficiently.

Coaching for Performance, Coming Soon

Each year, benefit-eligible employees complete annual reviews in Workday, called **Coaching for Performance**. While looking back on the last fiscal year (July 1 – June 30), employees and managers meet to review feedback shared throughout the year, assess progress toward current goals, and chart a path for the new year, including setting new goals. In June, you will receive a communication from your leadership team regarding the annual performance review kick-off and deadline for your campus.

[Click here to find more information on the process.](#) To learn more, check out [Employee Training](#) or [Manager Training](#) in Workday Learning.

