University System of New Hampshire

BENEFITS TOOLS AND RESOURCES

Use Your Benefits Year Round!

If you are enrolled in a USNH-sponsored medical plan with Anthem Blue Cross Blue Shield (BCBS), 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:

LiveHealth Online Telehealth

Receive virtual care for a wide range of non-urgent health issues, such as sore throats, allergies, stomachaches, and more. You can access LiveHealth Online by visiting livehealthonline.com, where you will be prompted to create a new account. You can also find LiveHealth Online through your Sydney app.

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. This service is **free** for employees and family members enrolled in a USNH-sponsored medical plan. Call **800-700-9184** to use it any time.

Anthem BCBS Health Assessment

(through December 31, 2026)

The Health Assessment is a monetary incentive for our USNH community, designed to help employees improve their personal health. If you are enrolled in our health plan, complete the online health questionnaire at anthem.com and when you're done, submit your confirmation page here to receive your $150 incentive reward!

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 HealthEquity.

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.lanterncare.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 USNH medical plan. Visit the USNH EAP page to learn more.

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
Anthem Blue Cross Blue Shield	844-614-3155	anthem.com
OptumRx	866-633-5874	optumrx.com
Lantern	Cancer Care: 855-204-3923 Surgery Care: 855-676-3920	my.lanterncare.com
Northeast Delta Dental	800-832-5700	nedelta.com
VSP Vision Care	800-877-7195	vsp.com
HealthEquity/EZ Receipts (formerly WageWorks)– Flexible Spending Accounts, Fitness Reimbursement	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
The Hartford	Disability: 888-301-5615 Life: 888-563-1124	thehartford.com/mybenefits
Spring Health (Employee Assistance Program)	855-629-0554	usnh.springhealth.com
CAPTRUST Investment Advice	800-967-9948	captrustadvice.com

HR BENEFITS SUPPORT

Dial 2525 or submit a **Help Ticket**.

USNH | hr

TOGETHER FOR U.