

The Office of Human Resources

Fall 2023

The Office of Human Resources presents our quarterly newsletter, where you will find useful information and tips on all things benefits, wellness, and retirement.

BENEFITS

NSU Money Matters Essentials - Personal Financial Management



We care for our employees and believe your financial well-being really matters. That's why we're pleased to announce NSU Money Matters Essentials, a bold, new financial confidence program for all employees hosted by Truist Momentum.

You'll find that this new benefit has something for everyone, regardless of your financial situation. Whether you're thinking of buying a home, investing in retirement, increasing your savings, improving your credit score, or planning a vacation, you'll find the tools and advice to make it happen at no cost to you. NSU's Office of Human Resources is paying any and all user fees and costs associated with this financial confidence program. NSU Money Matters Essentials is available in both online and webinar formats, enabling you to choose the learning format of your choice and progressing at your own pace. The online experience is available in both English and Spanish.

To access the Truist Momentum portal, click [HERE](#) - First time users must register using the code: **NSU**

If you were not able to attend our introductory sessions, you may view recordings in Spanish or English in our [benefits page](#).

Rick Case



Only Rick Case gives you more for less and provides exclusive benefits and privileges at a truly exceptional value.

Simply scan the QR code below to register or contact us at 954-513-4790. Our VIP concierges will then reach out to assist you.

By enrolling in the Rick Case VIP program, you'll enjoy a host of benefits and privileges that are reserved exclusively for our VIP members:

- Rick Case VIP Preferred Buying - You will be assigned your own VIP Sales Concierge that will make purchasing or leasing a vehicle simple and fast. They can even help you through the process completely online.
- Sales Priority Access: Be the first to reserve Incoming and highly sought after vehicles.
- Rick Case VIP Preferred Service - Our dedicated VIP Service Concierges will be available to assist you with all your vehicle needs.
- Service Priority Access: Service appointments, loaner cars, etc.
- Earn rewards points that can be used for the purchase of a new or used vehicle and receive discounts on service, parts, and accessories.
- And much more!

And only at Rick Case:

- Save Time, Buy Online. We'll get you in & out in 90 minutes or Less, Guaranteed, and if we don't Rick Case will make the first month's payment.
Credit application must be completed through the dealership's express store to qualify.
See Dealer for complete program details.
- Double the Factory Nationwide Powertrain Warranty - Up to 20 Years/200,000 Miles.
Some models excluded. See Dealer for complete program details.
- Rick Case Best Value gives you from the day you purchase a used vehicle 10-year/100,000 Nationwide Powertrain Warranty with 10 year/24-hour nationwide roadside assistance on most brands.
- FREE Car Washes Anytime and Discount Gas with The Rick Case Rewards Card.



We look forward to providing you with the Ultimate VIP Ownership Experience.
Scan the QR Code to register.



Emergency Room vs. Urgent Care

Knowing when to use the emergency room (ER) versus urgent care is crucial for efficient healthcare utilization. Differentiating between the two is vital to ensure that patients receive appropriate care in a timely manner, while reserving the ER for true emergencies.

It will save you money!

Urgent care copay is \$30 while Emergency room copay is \$300.

SHOULD I GO TO THE EMERGENCY ROOM OR AN URGENT CARE?

EMERGENCY ROOM

- Severe injuries
- Chest pains
- Difficulty breathing
- Severe illnesses
- Loss of limbs
- Serious burns
- Head or eye injury
- Seizures
- Concussions
- Numbness

URGENT CARE

- Minor injuries
- Fever without rashes
- Minor infections
- Abdominal pain
- Shortness of breath
- Dehydration
- Mild to moderate flu
- Sprains and strains
- Small cuts
- Sore throat



TELADOC

All members of ICUBA Medical plans have 24/7 access to U.S. board-certified doctors anytime, anywhere, by phone or video. Teladoc physicians can provide prescriptions as needed through the convenience of e-prescribing and provide a doctor's note.

Teladoc is a great option for kids in college, sick spouse, or child at home and when your own doctor isn't available. **Teladoc copay is \$5.**



Download the app or sign-up through www.myhealthtoolkitfl.com

For benefits related questions, please contact us at loa@nova.edu

WELLNESS

Flu Vaccine Reminder



As a reminder, employees can schedule an immunization appointment Monday through Friday 9:00 a.m. to 5:00 p.m. by calling the NSUHealth pharmacy at (954) 262-4550.

The NSUHealth Pharmacy accepts walk-ins for the Influenza vaccine and all other CDC approved vaccines as well as scheduled appointments for your vaccines. NSUHealth is giving out FREE COVID tests kit to anyone with an NSU ID (while supplies last).

Hours of Vaccine Administration:

Monday - Friday from 9:30am to 5:00pm

NSUHealth Pharmacy

3200 S. University Dr.
Ft. Lauderdale, FL. 33328

Hours of Operation:

Monday – Friday: 9am – 6pm
Saturdays 9am – 1pm

Are you earning your Strive cash?

Employees, spouses/domestic partners enrolled in NSU medical program can earn up to **\$250** in Strive Cash and earn points to unlock up to additional **\$100** in Strive Cash starting April 2023 through March 2024.

Complete the PRIORITY activities to unlock more reward opportunities.

- **Biometric Screening = \$100 Pulse Cash**
- **Health Check Up = \$50 Pulse Cash**
- **Onsite/Campus Events Activities (10 events) = \$100 Pulse Cash (\$10 each)**

TOTAL REWARDS = \$250 Pulse Cash

Earn up to \$100 more in rewards! - You can participate in additional healthy activities throughout the year to earn points, move through the levels and earn Pulse Cash as you level up. Simply complete your priority activities to unlock these rewards!

- **Level 1 = 7,000 Points / \$10 Pulse Cash**
- **Level 2 = 25,000 Points / \$20 Pulse Cash**
- **Level 3 = 40,000 Points / \$30 Pulse Cash**

- **Level 4 = \$60,0000 Points / \$40 Pulse Cash**

How do I access Strive?

the wellness link on [My Health Toolkit®](#) will redirect you to Virgin Pulse.

What's in it for you?

Strive is digital, so it's easy to make it part of your life. Daily check-ins help you build healthy habits, join activities with coworkers and track how you're doing — not just with physical health-related issues but also your emotional, social, and financial well-being.

Getting started is easy!

Log in to your My Health Toolkit account at www.myhealthtoolkitfl.com and select Wellness, then Strive. You'll begin with the Health Assessment, a short, confidential survey. It assesses your health across factors ranging from fitness to mental health. You'll receive a personalized report with suggested steps that work with your lifestyle.

Get health tips!

Learn how to eat healthy, get fit, sleep better, manage stress and more!

Live them out!

Join fun challenges with coworkers and build healthy habits each day.

Reach your goals!

Choose what to work on, track your progress and reap all the healthy rewards.

Employee Assistance Program (EAP)

Support for those affected by current international events

The logo for Resources for Living is a purple rectangular box with the text "Resources for Living" in white. "Resources" is in a bold, sans-serif font, "for" is in a smaller, lowercase sans-serif font, and "Living" is in a larger, italicized, lowercase sans-serif font.

People may be stressed over recent international conflicts. We are here for support! AETNA provides free Employee Assistance Program (EAP) sessions for you and your family.

We're here for you 24/7

877-398-5816 (TTY: 711)

Resourcesforliving.com

Username: ICUBA

Password: 8773985816

For wellness related questions, please contact our Sr. Benefits Administrator Employee Wellness Ronenia Jenkins at rjenkins@nova.edu

RETIREMENT

How to Enroll in a TIAA Plan

If you are eligible and have not done so already, you can enroll in your appropriate retirement plan by visiting tiaa.org/nsu

Please visit our [retirement web page](#) to learn more about retirement plans.

TIAA/CAPTRUST One-on-One Financial Advice Sessions

As a participant in the NSU retirement plans, you have access to personalized advice on the NSU retirement plans' investment options from both CAPTRUST and TIAA.

Whether you're just starting out or close to retirement, you can meet online, by phone or in person to discuss your specific financial goals and how to plan for them. This service is available as part of your retirement program at no additional cost to you.

To schedule an advice session, call the **CAPTRUST Advice Desk at 800-967-9948**. Or visit captrustadvice.com/scheduler and click Get Personal Advice Here in the upper-right corner.

To schedule a **TIAA session** online visit TIAA.org/schedulenow or call **800-732-8353**, weekdays, 8 a.m. to 8 p.m. (ET).

Have You Updated Your Beneficiaries?

We care about your financial well-being, and we want to remind you of an important aspect of your benefits: your beneficiaries. Life is unpredictable, and circumstances change. To ensure that your loved ones are protected in case of the unexpected, please take a moment to review and update your beneficiary information as needed. Whether it's a marriage, divorce, new family member, or any other life event, keeping this information current is vital. Your diligence will help guarantee that your benefits are directed to the right individuals during critical times.

- To update your beneficiary on your 401(k) plan please do so on tiaa.org/nsu
- To update your beneficiary on your life and AD&D insurance please do so in your ICUBA portal through *Sharklink*

TIAA October Webinars

Learn how you can take action for a more secure future. Reserve your spot now or visit TIAA.org/webinars at any time to register. These webinars are part of your retirement plan benefits.

- **Generative AI Cybersecurity: New Insights and Actions to Strengthen Security and Boost Productivity.**
October 19th
2 – 3 pm (ET)

Hear from cybersecurity leaders who will share the latest insights on AI cyberattacks and steps professionals can take to avoid these crimes. This includes the latest higher education and government initiatives focused on generative AI cybersecurity.

- **Maximize your Health Savings Account (HSA): contributions are more powerful than you think.**
October 25th
11 – Noon (ET)

HSAs can do more than cover current healthcare expenses. Learn how this unique fund can support your needs over time. This includes tax advantages and what your funds can be used for today and in the future.

[RESERVE YOUR SPOT HERE](#)

For retirement related questions, please contact us at ohr-retirement@nova.edu

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