



The Office Of Human Resources

Fall 2025

## On this Edition ...

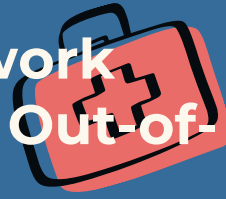
- **IN NETWORK VS. OUT OF NETWORK PROVIDERS**
- **BENEFIT HIGHLIGHT: TELADOC 24/7 VIRTUAL CARE**
- **DOMESTIC PARTNER DOCUMENTATION**
- **LINCOLN FINANCIAL GROUP (LFG) MOBILE APP FOR LEAVE MANAGEMENT**
- **WELLNESS WEBINARS**
- **FLU VACCINE SEASON**
- **SEASONAL AFFECTIVE DISORDER (SAD)**
- **FINANCIAL WEBINARS**





# BENEFITS

## In Network Out-of-Network



Seeing an **in-network** provider through NSU's health plans means lower costs because those providers have agreed to discounted rates. **Out-of-network** care can cost much more and may not be fully covered.

Before your next visit, confirm your provider is in-network—it can save you money and stress!

Call the number on the back of your BCBS card or sign up on the online portal by visiting [Myhealthtoolkitfl.com](https://www.myhealthtoolkitfl.com)



## TELADOC HEALTH - 24/7 CARE

This fall, take advantage of Teladoc, your 24/7 virtual healthcare benefit through NSU's medical plans. Teladoc connects you with board-certified doctors and licensed therapists via phone or video.

### Why Teladoc?

\$0 copay for most services, fast care, no deductible required!

Sign Up: Visit [www.teladoc.com](https://www.teladoc.com) or download the app  
(Use your NSU email address and insurance  
information to sign up)

## Do You Have a Domestic Partner?

IMPORTANT!

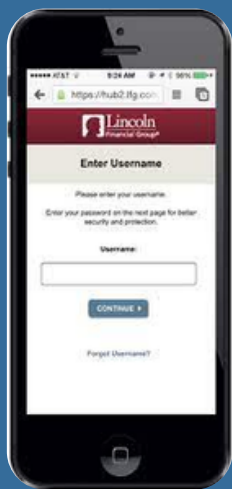
Thinking about adding your domestic partner to your NSU benefits? Here's what you need to know: it's required by law that we have certain documents on file.

That means we need your official Domestic Partnership Agreement from your county and the yearly Tax Verification Form.

Keeping everything up to date helps protect both you and your partner.

Contact [loa@nova.edu](mailto:loa@nova.edu) for questions.

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Accessing your Lincoln account information is easier than ever with our mobile app, **Lincoln Financial Mobile.**

You can sign up for online access either through the app or by logging in directly to the registration page at **[LincolnFinancial.com/Register.](https://hub2.lfg.com)**



# WELLNESS

## WELLNESS SEMINARS

### **HCA: Don't Ignore the Bump: Breast Health Awareness**

October 15<sup>th</sup> @ 12:00pm ET

[Click Here to Register](#)

Join us for an important session on breast health and early detection. Learn how to recognize changes, understand screening options, and take proactive steps to protect your health. Early awareness saves lives—don't miss this empowering discussion led by experts from HCA Healthcare.

### **Diabetes and Healthy Eating**

November 5<sup>th</sup> @ 12:15pm ET

[Click Here to Register](#)

*Discover how smart food choices can help manage and prevent diabetes. Join us for an engaging session where experts will share practical nutrition tips, meal planning ideas, and lifestyle strategies to maintain balanced blood sugar levels and support long-term health.*

### **Diabetes and Medication Management**

December 3<sup>rd</sup> @ 12:15pm ET

[Click Here to Register](#)

*Join us to learn how diabetes medications work, when they're needed, and how to use them safely and effectively. This session will cover common types of diabetes medications, tips for staying on track with your treatment plan, and ways to partner with your healthcare team for better blood sugar control.*



# WELLNESS

## FLU VACCINE

We are please to announce our collaboration with the NSUHealth Pharmacy and ICUBA to provide **free** seasonal flu shots to all faculty and staff enrolled in an ICUBA medical plan (BlueCross/BlueShield).

### WHERE?

#### NSUHealth Pharmacy Clinic Date:

Oct 17th, all day (9:30-5pm),  
3200 S. University Dr  
Fort. Lauderdale, FL 33328

You can also use your insurance card to get a flu shot at your local pharmacy or provider

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## COVID-19 VACCINE

We are please to announce our collaboration with the NSUHealth Pharmacy and ICUBA to provide the **Pfizer Comirnaty COVID-19 vaccine (2025–2026 formulation)** is now available. Vaccinations are available on a walk-in basis or by scheduled appointment.

### WHERE?

#### NSUHealth Pharmacy

3200 S. University Dr  
Fort. Lauderdale, FL 33328

### WHEN?

#### Hours of Vaccine Administration

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

#### Pharmacy Horus of Operation

Monday - Friday  
9:00am - 6:00pm  
Saturday  
9:00am - 1:00pm



#### What To Bring:

VAR Form ([PRINT HERE](#)) & Your BCBS ID CARD



## **Look out for Seasonal Affective Disorder**

**Seasonal affective disorder (SAD) is depression you may feel during the same months each year. People who have SAD often get it in the fall and winter.**

### **Some of the reasons for SAD may be:**

- Less sunlight, more darkness Fall and winter days are shorter and less sunny than the rest of the year.
- Less serotonin. Your body makes the “feel good” hormone when there’s lots of sunlight.

### **There are treatments for SAD:**

- Spend more time outside. Also, let more light into your house by rearranging rooms and changing window coverings.
- Counseling.

Don't suffer with SAD or any other type of depression.

**Get help to make every day brighter.**



# RETIREMENT

OCTOBER - NOVEMBER - DECEMBER

## FINANCIAL WEBINARS

TIAA | CAPTRUST | BANK OF AMERICA



### TOPICS INCLUDE:

- Cyber Security Awareness (10/9, 10/22)
- Staying Safe Online (10/15)
- Planning and Managing Healthcare Expenses (10/30)
- Naming your Beneficiaries - Why it Matters (11/5)
- How to Get the Most from your Retirement Income (11/13)
- Financial Planning for Caregivers (11/19)
- Healthcare costs in Retirement: Medicare (12/2)
- Financial Wellness for Changing Times (12/3)
- Social Security: Maximize your Benefits (12/10)

[Click here for date,  
times and enrolling  
information](#)



**LIVE  
WEBINAR**



# RETIREMENT

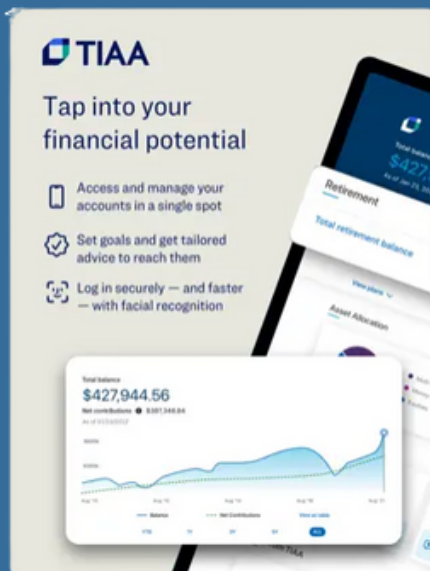
## DON'T FORGET TO REVIEW YOUR BENEFICIARIES!



It's always a good idea to make sure your beneficiaries for your life insurance benefit **AND** retirement plan accounts are up to date.

To review or update your life insurance beneficiary, login to your ICUBA profile, and to review or update your retirement plan beneficiary, login to **TIAA**.

Both can be accessed through SharkLink.



**As part of our mission, we've been improving the TIAA mobile app to expand content and help create more engaging experiences for you.**

- Check account information
  - Schedule an advice session with English- or Spanish-speaking financial consultants
  - Review contributions
  - Use face ID/ biometric authentication
- Enjoy enhanced safety with passkey
  - Use the phone's camera to upload files
  - Engage with educational content to improve your financial know-how

**Also, the next time you log in to the app, you can choose English or Spanish as the preferred language**



## **The Office of Human Resources Benefits Team**

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UNIVERSITY

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