



THE OFFICE OF HUMAN RESOURCES

SPRING 2024

## ON THIS EDITION ...

- **SANITAS MEDICAL CENTERS**
- **NSU MONEY MATTERS FINANCIAL WELLNESS ZOOM SESSIONS**
- **RESOURCES FOR LIVING - MENTAL HEALTH AWARENESS MONTH**
- **STRIVE REWARDS**
- **VIRTA HEALTH - FREE DIABETIC TREATMENT**
- **RETIREMENT PLANS BENEFICIARIES**
- **TIAA/CAPTRUST UPCOMING WEBINARS**



# BENEFITS

## SANITAS MEDICAL CENTERS



# Sanitas

Looking for a one-stop shop for your medical needs?

SANITAS MEDICAL CENTERS HAVE EVERYTHING YOU NEED TO KEEP YOUR FAMILY SAFE AND HEALTHY IN ONE PLACE, INCLUDING:

- SHORTER WAIT TIMES
- EVENING AND WEEKEND HOURS
- ADVANCED URGENT CARE WITH DIAGNOSTIC IMAGING
- \$0 PRIMARY CARE VISITS FOR ROUTINE VISITS, IMMEDIATE/SAME DAY CARE NEEDS, CHRONIC CONDITION MANAGEMENT, CARE COORDINATION AND HEALTH COACHING
- PERSONAL CONCIERGE AT SELECTED OFFICES
- ONSITE PRESCRIPTIONS FILLING
- ONSITE LABS
- VIRTUAL TELEHEALTH
- ACCESS TO MEDICAL RECORDS VIA SANITAS APP



You may visit any of the following Florida locations. For locations in other states, please visit [www.mysanitas.com](http://www.mysanitas.com)



**Broward  
Fort Lauderdale**  
2150 S Andrews  
Ave. Suite 150  
Ft. Lauderdale, FL 33316



**Miami-Dade  
Westchester**  
9736 SW 24th st  
Miami, FL 33165



**Palm Beach  
Palm Beach Gardens**  
3401 PGA Blvd. Suite 380  
Palm Beach Gardens, FL 33410



**Miramar**  
**12507 Miramar Parkway**  
Building G' Bays 103-105  
Miramar, FL 33027



**Miami-Lakes Main Street**  
15600 NW 67th Ave Ste 301  
Miami Lakes, FL 33014



**Lake Worth (Hub Location)**  
*Walk-In Urgent Care Available*  
5960A Jog Road  
Lake Worth FL, 33467



**Greater  
Tampa Bay Area  
Citrus Park**  
12879 Citrus Park Plaza Dr.  
Tampa, FL 33625  
*Coming Soon!*



**Greater  
Orlando Metro Area  
Metro West**  
5920 Metropolis Way,  
Suite 101  
Orlando, FL 32811





Want to  
feel more  
confident  
about your  
finances?

DID YOU KNOW THAT 8 OUT OF 10 PEOPLE IDENTIFY MONEY AS A SIGNIFICANT SOURCE OF STRESS IN THEIR LIVES? THE REALITY IS WE'VE ALL FACED TIMES WHEN FINANCES HAVE BEEN A CAUSE OF STRESS.

**NSU MONEY MATTERS ESSENTIALS** IS A BOLD, FINANCIAL CONFIDENCE PROGRAM FOR ALL EMPLOYEES HOSTED BY **TRUIST MOMENTUM**.

WE WILL BE HOSTING 2 INTRODUCTORY "VIRTUAL IGNITE" SESSIONS DURING THE SPRING AND 2 DURING THE SUMMER. IN ADDITION, WE WILL ALSO HOST SESSIONS FOCUSING ON EACH OF THE FINANCIAL PILLARS DISCUSSED IN THE PROGRAM.

[CLICK HERE TO SIGN UP!](#)

# WELLNESS

## Resources *for* Living<sup>®</sup>



May is Mental Health Awareness Month. It's a great time to check in with yourself. Are you struggling with an issue, problem or feeling **stressed, anxious or depressed**.

You don't have to figure it all out on your own. We're here to help 24/7.



[Resourcesforliving.com](https://www.Resourcesforliving.com)  
(877) 398 5816

STRIVE POWERED BY VIRGIN PULSE IS AN INCENTIVE PROGRAM FOR EMPLOYEES/SPOUSES/DOMESTIC PARTNERS ENROLLED IN THE ICUBA MEDICAL PLAN.



**EMPLOYEES CAN EARN UP TO \$350, STARTING APRIL 1, 2024, THROUGH MARCH 31, 2025.**

Priority Activities to Complete	Incentives
Personal Health Assessment	Required to earn incentives
Biometric Screening	\$100 Pulse Cash
Health Check-Up	\$50 Pulse Cash
Onsite/Campus Events & Activities (10 total)	\$100 Pulse Cash (\$10 each)
<b>Incentive Total</b>	<b>\$250 Pulse Cash</b>

**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	Level 2	Level 3	Level 4	Additional rewards max
Points	7,000	26,000	40,000	60,000	
Pulse Cash	\$10	\$20	\$30	\$40	\$100
					+250 Total Rewards = \$350 Pulse Cash Annual Max

**HOW TO REGISTER FOR STRIVE?**

FOR NEW USERS, PLEASE FOLLOW THE STEPS BELOW:

- GO TO [WWW.MYHEALTHTOOLKITFL.COM](http://WWW.MYHEALTHTOOLKITFL.COM)
- CLICK ON BCBS IN THE MY HEALTH TOOLKIT PORTAL
- SELECT WELLNESS & CARE MANAGEMENT TAB
- SELECT WELLNESS PROGRAMS
- SELECT STRIVE

ONCE YOU HAVE CREATED AN ACCOUNT, COMPLETE YOUR HEALTH ASSESSMENT AND DOWNLOAD THE VIRGIN PULSE APP.

REGISTER [HERE](#) TO ATTEND OUR UPCOMING WELLNESS SEMINAR “EMPLOYEE WELLNESS WITH SR. BENEFITS ADMINISTRATOR: STRIVE POWERED BY VIRGIN PULSE” ON APRIL 24 @ 12:00PM



# FREE Diabetic Treatment

If you or a loved one struggle with type 2 diabetes, high blood sugar, or weight gain, it may be time to explore nutrition therapy with Virta Health.

Instead of a one-size-fits-all diet, Virta's providers and health coaches help members each their way to better health with a personalized nutrition plan designed for your health needs, tastes, and lifestyle.

You can enroll any time during the year for \$0. ICUBA fully covers the cost of Virta for you and your eligible family members with type 2 diabetes.

## 10-week member results

- ✓ 18 lbs average weight loss
- ✓ 1.0 average A1C reduction
- ✓ 94% stopped/reduced insulin

## The Virta Difference

Nutrition, not calorie restriction	<i>Eat until you feel full</i>
Personalized, not one-size-fits-all	<i>Your plan covers your needs &amp; tastes</i>
About the journey, not the judgment	<i>Get caring providers and coaches</i>

TO SEE IF YOU QUALIFY, GO TO [WWW.VIRTAHEALTH.COM/JOIN/ICUBA](http://WWW.VIRTAHEALTH.COM/JOIN/ICUBA)

For wellness related questions, please contact our Senior Benefits Administrator, Employee Wellness Ronenia Jenkins at [rjenkins@nova.edu](mailto:rjenkins@nova.edu)

# RETIREMENT



Please take a minute to review your beneficiaries in your 401(k) and 403(b) retirement plan. If you don't have a beneficiaries on file with TIAA it will automatically default to the Estate.

To review or make updates go to [TIAA.ORG/NSU](https://TIAA.ORG/NSU)



[Click here for more information](#)

**TIAA Webinars  
April - May - June**

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.

## **CAPTRUST**

800-967-9948

[CAPTRUSTADVICE.COM/SCHEDULER](https://CAPTRUSTADVICE.COM/SCHEDULER)

## **TIAA**

800-732-8353

[TIAA.ORG/SCHEDULENOW](https://TIAA.ORG/SCHEDULENOW)



For retirement related questions, please contact our Senior Retirement Plan Administrator ,  
Douglas Pachay at [dpachay@nova.edu](mailto:dpachay@nova.edu) or [ohr-retirement@nova.edu](mailto:ohr-retirement@nova.edu)

# The Office of Human Resources

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**NSU**

Florida

NOVA SOUTHEASTERN  
UNIVERSITY