

What's New in Benefits!

WELLNESS

March 23, 2022 - April 20, 2022

Join Horizon Blue Cross Blue Shield for National Nutrition Month and celebrate healthy eating by adding more fruits and vegetables to your meals. Our challenge invites you to eat five or more servings of fruits and vegetables a day, tracking for a minimum of 21 days. By completing the challenge, you will earn 50 points towards your NJWELL reward!

When you reach 800 points with NJWELL you can earn a VISA® gift card worth \$250 or more.

How It Works:

- Registration is open March 16 - 29.
- Sign in to HorizonBlue.com/shbp
 - Select: *Wellness & Services*, then follow NJWELL prompts. Go to Physically Fit Category to register.

Start tracking towards healthier eating habits!

RETIREMENT

Did you know, if you are preparing for retirement or have questions on your Retirement, you could consult with a Retirement Counselor? If you are contributing to the Public Employees Retirement System (PERS) you can contact the Division of Pensions and Benefits at 609-292-7524. If you are contributing to the Alternate Benefits Program (ABP), Defined Contribution Program (DCRP) or have a Deferred Compensation Plan (NJSEDCP) use the contact information below to schedule an in person or a virtual counseling session.

AIG Retirement Services (formerly VALIC) – In person sessions in UH Cafeteria every 3rd Wed. of the month beginning 4/20/22 – or click [here](#) to schedule a virtual meeting or phone appointment

Michael Gavaletz, Financial Advisor

307 Fellowship Road, Suite 205 Mount Laurel, NJ 08054 Cell: 732-267-9050

Empower Retirement (formerly MassMutual) - Virtual Retirement Counseling

Click this link to schedule a virtual session [Empower - Virtual Meeting with Ken Quarnaccio](#).

Ken Quarnaccio, Wealth Manager

379 Thornall Street, 6th floor Edison, NJ 08837 Office: 848-248-4313

Equitable (formerly AXA) – In person sessions in UH Cafeteria every Mon. & Wed. 10am to 2pm beginning 3/21/22

Marc Sheridan, Financial Professional

333 Thornall Street, 8th Floor Edison, NJ 08837 Cell: 908-230-2042

MetLife/Brighthouse – In person sessions in UH Cafeteria with scheduled appointment

Stephen Stemple, Financial Services Representative/Investment Advisor Representative

61 South Paramus Rd. 5th Floor Paramus, NJ 07652 Cell: 908-794-4265

Prudential – In person sessions in UH Cafeteria on a quarterly basis

Alicia Smith, CRC Retirement Counselor, State of New Jersey Retirement Plans

80 Livingston Ave. Roseland, NJ 07068 Cell: 732-428-2314

TIAA – Telephonic Sessions or click the link to schedule a virtual meeting on a Mon. or Tues. after you select the state of New Jersey www.tiaa.org/schedulenow

Nancy Vandergoot, Associate Financial Consultant, 5 Becker Farm Road, Suite 140 Roseland, NJ 07068 Office: 973-422-3731

VOYA - In person sessions in UH Cafeteria with scheduled appointment

Frank Booth, CRPS Financial Advisor

52 North Plank Road, Suite 3 Newburgh, NY 12550 Cell: 860-573-5673

If you have any questions on the topics discussed above or any employee benefit, please feel free to contact me using my email or phone number noted below.