

FINANCIAL HEALTH/PLANNING

North Jersey Federal Credit Union will be in the UH Cafeteria the First Tuesday of Every Month from 10am to 2pm. If you are not available to meet the representative in person you can visit their office located at 186 W. Market Street, Newark, NJ 07103 – 973-785-9200. You can view their website and review the services provided by clicking this [link](#).

HEALTH and WELFARE BENEFITS

In partnership with the New Jersey Division of Pensions & Benefits (NJDPB), Forge Health offers exceptional in-person and telehealth treatment for mental health, substance use, and associated trauma to employees enrolled in a New Jersey State health plan. Forge Health is also proud to provide specialized treatment programs designed to address the unique culture, preferences, and values of veterans, first responders, and their families. Please click this link [Forge Health State of New Jersey Health Benefits Plan](#) for additional information or call (888) 292-3958.

- 100% private and confidential
- Evidence-based approach that get results
- Personalized to your unique circumstances and goals
- Telehealth and in-person services available
- Outpatient treatment lets you maintain your daily life

The State of New Jersey and Horizon held a Behavioral Health Summit on May 24th. Click this link and review the presentation on [Building Resiliency: How to Stay Strong](#). This presentation could provide you with some useful tips and tools on developing resilience in dealing with stress.

WELLNESS

If are enrolled in a medical plan through the State of New Jersey here are two free programs that promote healthy living at no cost to you? Absolutely FREE!

Wondr is a digital weight loss program for you and your covered dependents. This program teaches the science of health and nutrition, so you can enjoy your favorite foods this grilling season (and beyond) and still lose weight. No counting calories. No restrictions. No guilt. This program begins on July 18th so you will need to apply between June 30th and July 3rd. Click this link to apply. [Start Wondr \(wondrhealth.com\)](#)

Livongo gives you guidance, tools, and ongoing support to help you and your family members manage your blood pressure, lose weight, and live healthier. The program is offered at no cost for plan participants with high blood pressure. Join today and get an easy-to-use blood pressure monitor, expert support, and more! Click this link and use registration Code SHBP-SEHBP to [Get started - Livongo Health - Registration](#) and receive your Welcome Kit.

Do not forget about your NJWELL points. Get 800 NJWELL Points by October 31st to Earn Your Reward of a \$250 VISA® gift card. Manage your NJWELL points on the [Horizonblue.com](#) website.

RETIREMENT

New Jersey Division of Pensions & Benefits provides monthly seminars and webinars for PERS members. This [link](#) will take you to the July 2022 schedule of events. Please contact the Division of Pensions & Benefits at 609-292-7524 if you have questions on your PERS account.

For information on your ABP or DCRP account, please contact the appropriate representative noted below:

AIG (formerly Valic) Jerome Gregory
732-343-4089

On site counseling **July 12th** and **19th** from 11am to 2pm.
[Schedule a virtual meeting or phone appointment](#)

Empower (formerly MassMutual) Ken Quarnaccio
848-248-4313

[Empower - Virtual Meeting with Ken Quarnaccio](#)

Empower (formerly Prudential) Alicia Smith
732-428-2314

Retirement presentation will be held **on July 20th** in Building 8 Conference Room 816 from 12pm to 1pm, Q&A from 1pm to 3pm. [Click here to schedule a virtual appointment with your dedicated retirement counselor!](#)

Onsite counseling on **July 29th** in the UH Cafeteria.

Equitable (formerly AXA) Marc Sheridan
908-230-2042

On site counseling each Monday and Wednesday (not including July 4th) from 10am to 2pm.

MetLife/Brighthouse Stephen Stemple
908-794-4265 or 800-842-9406

Schedule a telephonic meeting www.tiaa.org/schedulenow or call 855-728-8422 and receive Individual Advisory Assistance

TIAA Zaki Saoud
201-498-8345

Click this link for Voya [online retirement training](#)

VOYA Frank Booth
860-573-5673

SOCIAL SECURITY/MEDICARE PARTS A & B

Did you know, Medicare Parts A & B could affect your medical benefits upon your retirement? The Social Security Administration will host virtual meetings on [July 14th](#) at 1pm, August 18th at 10am and September 8th at 1pm. (The links for future meetings will be in our upcoming newsletters. Click the July 14th date to join that meeting.) These meetings will provide information on Medicare Parts A & B, how these benefits may affect your medical coverage upon your Retirement and Social Security Benefits.

If you were not able to attend the virtual meetings with the Social Security Administration, please feel free to stop by the Human Resources Benefits Office and take advantage of the literature provided by the Social Security Administration.

Benefits Team

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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.