

**EMPLOYEE DISCOUNTS**

Did you know as a UH employee you are eligible for discount savings on goods and services? Click this link <https://www.uhnj.org/>, use the drop-down menu for UH employees. Login to portal.uhnj.org, under Employee Resources you will be able to access and view Employee Discounts.

**FINANCIAL HEALTH/PLANNING**

North Jersey Federal Credit Union is in the UH Cafeteria the first Tuesday of every month from 10am to 2pm. **Beginning in September they will also be on site every first Thursday of every month from 2pm to 6pm.** 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**

**Wellness Benefits - September 12, 2022 – October 9, 2022**

September is Self-Care Awareness Month; join Horizon in practicing healthy behaviors as they focus on new habits each week. If you complete this program, you can earn 50 NJWELL points. This program will discuss everything from nutrition, mindfulness, physical activity and staying connected, they will share recommendations that can fit into your daily routine. Click the link below to register.

- Sign in to [HorizonBlue.com/shbp](https://HorizonBlue.com/shbp).
- Select *Wellness & Services*, then follow NJWELL prompts. Go to the Emotionally Balanced Category to register.

[Join the Challenge](#)

**Employee Assistance Program (EAP) – Mental Health Benefits**

Did you know you have several options to assist you in taking care of your mental health needs? You can access our EAP offered through the [Rutgers University Behavioral Health Program](#). You can also access resources through your health care provider. [Horizon BCBSNJ Behavioral Health](#) services include unique services through AbleTo, a program that provides emotional support to you if you have a chronic illness. New Jersey Division of Pensions & Benefits has also partnered with [Forge Health](#) to provide additional mental health services.

**OPEN ENROLLMENT**

It is that time of year, **OPEN ENROLLMENT** from October 1<sup>st</sup> until October 31<sup>st</sup>. During this time, you can enroll or change your medical and dental plans (You must remain in a designated dental plan for twelve (12) months from the effective date of coverage before you can change dental plans.) An Open Enrollment Event will be held on Tuesday, October 18<sup>th</sup> from 10am to 4pm. Additional information will be in the October Benefits Newsletter! [Click here](#) for a virtual Benefits Fair hosted by Benefitsolver, the website that manages your benefit enrollments.

Voya will host 2 webinars on “Staying the Course – Surviving Market Volatility”. The ups and downs of the market can be downright stressful – but don’t panic. Frank will discuss what’s going on in the market and ways to help you get through uncertain times including:

- Why you should consider staying put.
- How to deal with stress that can be associated with dealing with the market.
- What you can do to stay focused.
- And lastly, where to go from here.

There seminars will be on Thursday, October 6<sup>th</sup> from 12pm to 1pm and October 20<sup>th</sup> 1pm to 2pm. Please RSVP to [frank.booth@voyafa.com](mailto:frank.booth@voyafa.com) or call 732-326-5628. Click this link for either of the Seminar dates to join: <https://voyafa.zoom.us/j/9486380749?pwd=QzhiS1BldDVSZEFpQnJqM2h5dTVQZz09>

### RETIREMENT

New Jersey Division of Pensions & Benefits provides monthly seminars and webinars for PERS members. This [link](#) will take you to the September 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

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

**Empower** (formerly Prudential) Raymond Allocco  
973-908-9619 or Stan Rovinski 609-218-3601

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

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

**TIAA** Zaki Saoud  
201-498-8345

**VOYA** Frank Booth  
860-573-5673

On site counseling **September 7<sup>th</sup>** from 11am to 3pm.  
[Schedule a virtual meeting or phone appointment](#)

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

Retirement presentation will be held in HR in Building 8 Conference Room 816 on September 20<sup>th</sup> from 12 to 2pm. If you are not able attend the meeting here is a link to view the [Webinars \(retirepru.com\)](#) for the upcoming month. You can also [Click here to schedule a virtual appointment with your dedicated retirement counselor!](#)

On site counseling each Monday and Wednesday from 10am to 2pm.

Contact the representative for a phone consultation.

On site counseling September 15<sup>th</sup> from 9am to 4pm.  
[Click Here](#) to schedule a timeslot. Schedule a telephonic meeting [www.tiaa.org/schedulenow](http://www.tiaa.org/schedulenow) or call 855-728-8422 for Individual Advisory Assistance

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

### 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 a virtual meeting on [September 8th](#) at 1pm. This meeting will provide information on Medicare Parts A & B, how these benefits may affect your medical coverage upon your Retirement and Social Security Benefits. To join the meeting just click the date link above at 1pm.

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.