

#### **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/>, Login to the portal, under Employee Resources you will be able to access and view Employee Discounts.

#### **EDUCATION ASSISTANCE PROGRAM**

Did you know each year you are eligible to be reimbursed up to **\$3,700** for educational assistance? Prior to the start of any course, academic credit by exam, seminar, or conference, submit an Educational Assistance Program Application to your supervisor if you have:

- Completion of one (1) year of continuous regular employment in a position working twenty (20) or more hours a week.
- Are in active pay status at the time of reimbursement which is upon receipt of your final grades.
- Current performance evaluation must be proficient or better.

#### **PUBLIC LOAN FORGIVENESS**

University Hospital is a state agency which may make you eligible to apply to the Public Service Loan Forgiveness (PSLF) Program. Public Service Loan Forgiveness (PSLF) is a federal program that forgives student loan debt for borrowers who work for a governmental organization. A governmental organization is a Federal, State, local, or Tribal government organization, agency, or entity, a public child or family service agency, a Tribal college or university, or the Peace Corps or AmeriCorps. Federal service includes military service.

If you have made 120 qualifying monthly payments (these payments do not have to be consecutive), you may be eligible for a Public Service Loan Forgiveness. University Hospital encourages employees to apply for this program. Click this link for the [Public Loan Forgiveness Application](#). Complete page one of the application and submit it to the Human Resources Benefits Office. Upon completion of the Employer section this application will be returned to you for your submission to the U.S. Department of Education.

#### **NEW JERSEY PAY IT FORWARD PROGRAM**

New Jersey has a Pay It Forward program which is designed to prepare New Jersey residents for in-demand careers in the field of health care, IT, and clean energy. This program provides zero-interest, no-fee loans for participants to receive job training. Participants pay no upfront costs and receive living stipends.

The training programs include:

1. The Cybersecurity Professional Bootcamp at New Jersey Institute of Technology (NJIT) in Newark
2. The Nursing Associate Degree Program at Hudson County Community College in Jersey City
3. The Heating, Ventilation & Air Conditioning (HVAC) and Welding courses offered by Camden County College

After training, participants only have a repayment obligation if their individual earned income is more than \$12,000 per year above the annual federal poverty level (FPL) for their household size.

You can learn more about this program at [njpayitforward.org](http://njpayitforward.org).

#### **Rutgers School of Public Health and HRSA**

The Rutgers School of Public Health is encouraging individuals currently working in the field of public health in New Jersey to consider applying for a scholarship to obtain a Master's in Public Health (MPH) degree or a Certificate in Population Health.

Eligible applicants will receive a 50% tuition scholarship. Anyone interested in this opportunity should contact the Office of Admissions at [admissions@sph.rutgers.edu](mailto:admissions@sph.rutgers.edu) or call 732-235-4646. The full details about the program can be found on the Rutgers School of Public Health website at: <https://sph.rutgers.edu/admissions/HRSA-PHSP.html>

## HEALTH and WELFARE BENEFITS

Did you know there are Wellness Programs offered through the State Health Benefit Program? They are the NJWELL programs. Click this [link](#) to get more information on Rewards, a Calendar of monthly events and view the Publication Library.

## FINANCIAL HEALTH/PLANNING

North Jersey Federal Credit Union will be celebrating our Nurses during their monthly visit on May 3rd from 10:0 AM to 2:00 PM in the UH Cafeteria. 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](#).

## 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](#) 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 partnered with [Forge Health](#) to provide additional mental health services.

## VOLUNTARY BENEFITS

Did you know that **M3 Technology** - provides Hospital Employees that are actively working guaranteed acceptance (no physical or blood test required) for voluntary benefit plans paid through payroll deductions.

To apply for coverage, please call **844-229-5630**.

**Universal Voluntary Life** – Permanent Life Insurance coverage with a cash value that continues to grow.

**Disability Insurance** – Comprehensive disability policy that can provide financial protection during an illness.

**Accident Insurance** – Accident insurance will provide cash payments to you for a covered accident.

**Critical Illness** – Critical illness insurance will pay you a lump sum cash payment upon your diagnosis of a covered condition.

**Pet Insurance** – Click this link <https://spotpet.link/uhnto> to get a quote or call **800-905-1595**. UH staff will get a 10% discount and a \$25 Amazon gift card if you enroll before December 31<sup>st</sup>. Please note that this benefit will be directly billed to you it will not be processed through payroll deduction.

**Wellness Program (WEMOFIT)** – This program puts wellness into motion by providing professional nutritionist and access to virtual training. They also provide access to corporate fitness challenges to assist you in meeting your goals. For more information on this free wellness program call **908-209-4824** or visit their website at [www.wemofit.com](http://www.wemofit.com). You can scan this QR code and use your UH or your personal email address to register.



## RETIREMENT

New Jersey Division of Pensions & Benefits provides monthly seminars and webinars for PERS members. This [link](#) will take you to the **February 2023** 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 listed below, visit the UH Cafeteria for on-site counseling or click this link <http://newjersey.retirepru.com/Webinars.aspx>.

**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** Nancy Vandergoot  
973-422-3731

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

Informational seminar will be held in HR, Building 8 Conference Room 816 from 11 to 2pm on Wednesday, **February 15<sup>th</sup>** or you can [Schedule a virtual meeting or phone appointment](#).

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

On-site counseling every **Wednesday from 11am to 2pm**. Retirement presentations will be held in HR, Building 8 Conference Room 816 from 12pm to 2pm - **New Hire Presentations** on **January 31<sup>st</sup>** and **July 11<sup>th</sup>** and **Retirement Presentations** on **April 4<sup>th</sup>** and **October 10<sup>th</sup>**. Here is a link to [webinars on retirement](#). You can also [Click here to schedule a virtual appointment with your dedicated retirement counselor!](#)

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

On-site counseling every Tuesday from 10am to 2pm.

Schedule a virtual consultation [Click here to login and schedule a virtual meeting with a member of the TIAA financial consultant team](#) call 855-728-8422 for Individual Advisory Assistance.

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

## BENEFITS TEAM

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