Open Enrollment 2022
AGENDA

Benefits Plan Changes
Retirement
Wellness
Healthcare and Benefits
By Rick Mills, Executive Vice President

Watch Rick Mills’ presentation on Health Care and Benefits

Learn more about what Dartmouth bases our decisions on for upcoming benefit changes.

Visit dartgo.org/benefits2022
What is Open Enrollment?

• It is your annual opportunity to make changes to your benefit elections for 2022
  • You can add or remove dependents enrolled in your plans
  • You can cancel or enroll in a plan
  • You can switch to a different plan
  • You can elect to contribute to a
    - Flexible Spending Account (FSA)
    - Health Savings Account (HSA)
  • Dependent verification will be required when adding dependents to a new plan.
Dartmouth now requires **Dependent Verification** when you are adding dependents to your medical and dental insurance plan(s).

**Dependent Verification** will be required during Open Enrollment when adding dependents to a plan. Dependents already enrolled in a plan will **not** require verification.

**Event Verification** is also required when completing a Qualified Life Event. Event Verification is **not** required during Open Enrollment.

Instructions on where and how to upload these documents can be found in the FlexOnline Navigation Guide at [dartgo.org/enrollonline](http://dartgo.org/enrollonline)
When is Open Enrollment?

Open Enrollment Window

Monday, 10/18/21 through Monday, 11/01/21 11:59 pm

Changes are effective
January 1, 2022
Review your 2022 Open Enrollment Guide

Access the guidebook at dartgo.org/benefits2022
If you need additional assistance we are here to help...

Zoom with us and video chat online

or

We’ll call you and help make your changes over the phone

Sign up at dartgo.org/benefits2022
Benefit Plan Cost Estimator

Find rates for 2022 for the following...

- Medical Plan Options
- Dental Plan Options
- Supplemental Life Insurance
- Long Term Disability

[Link to Health Benefits Cost Estimator](dartgo.org/benefits2022)
The data you enter here, determines the amount that Dartmouth pays per month.

dartgo.org/benefits2022
How To Enroll: dartgo.org/enrollonline

Click here to access and change your retirement contributions

Click here to view step-by-step instructions on how to manage your retirement accounts

Click here to access and enroll in your Health and Welfare benefits

Click here to view step-by-step enrollment instructions
Online Enrollment Continued…

• You may continue to log in and make changes to your 2022 elections until **11:59 pm Monday, November 1, 2021**

• **Changes cannot** be made after November 1, 2021 unless you experience a Qualifying Life Event:
  
  • Birth
  • Marriage
  • Dependent Gains/Loses Coverage
  • Employee Gains/Loses Coverage)
What plans do I need to enroll in for 2022 that do not roll over from 2021?

If you wish to contribute to the following benefits, you must make your election during Open Enrollment.

1. Health Care Flexible Spending Account (HCFSA)
2. Dependent Care Flexible Spending Account (DCFSA)
3. Health Savings Account (HSA)*

*Note: You may start, stop, increase or decrease your HSA any time throughout the Plan Year.
OPEN ENROLLMENT 2022
MEDICAL INSURANCE - Cigna
NO MEDICAL PLAN DESIGN CHANGES FOR 2022

NO RATE INCREASES FOR 2022

**Please note if you an FTE or salary change your medical credit will be recalculated and may change the net amount you pay for medical coverage**
## CIGNA MEDICAL PLANS

<table>
<thead>
<tr>
<th></th>
<th>Open Access Plus Plan (OAP)</th>
<th>Cigna Choice Fund Plan (CCF)</th>
<th>High Deductible Health Plan (HDHP)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In-Network</td>
<td>Out-of-Network</td>
<td>In-Network</td>
</tr>
<tr>
<td><strong>Medical Deductible</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$500</td>
<td>$1,000</td>
<td>$1,500</td>
</tr>
<tr>
<td>Family</td>
<td>$1,000</td>
<td>$2,000</td>
<td>$3,000</td>
</tr>
<tr>
<td><strong>Out-Of-Pocket Maximum</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$2,500</td>
<td>$5,000</td>
<td>$4,000</td>
</tr>
<tr>
<td>Family</td>
<td>$5,000</td>
<td>$10,000</td>
<td>$8,000</td>
</tr>
<tr>
<td><strong>Coinsurance</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>10%</td>
<td>30%</td>
<td>10%</td>
</tr>
<tr>
<td>Family</td>
<td>10%</td>
<td>30%</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Copayments</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PCP/Therapy Visits</td>
<td>$25</td>
<td>Deductible</td>
<td>$35</td>
</tr>
<tr>
<td>Specialist Visits</td>
<td>$35</td>
<td>Deductible</td>
<td>$50</td>
</tr>
</tbody>
</table>
TELEHEALTH SERVICES

THE CARE YOU NEED - WHEN, WHERE AND HOW YOU NEED IT.

Cigna Telehealth Connection.

Talk with a board-certified medical and/or mental health professional for help with non-life-threatening conditions through secure video, chat or phone 24/7. MDlive has expanded services to include services such as preventive visits, dermatology visits, and primary care visits costs may vary dependent on plan coverage.

No cost with OAP or CCF -- Cost $55 for HDHP
TAX ADVANTAGE ACCOUNTS

Health Reimbursement Accounts
Flexible Spending Accounts
Health Savings Accounts
DARTMOUTH WILL GIVE YOU MONEY TO HELP PAY MEDICAL EXPENSES

OPEN ACCESS PLUS
- AUTO
- $250 in a Health Care Flexible Spending Account
- Must meet eligibility

CIGNA CHOICE FUND
- AUTO
- $500/$1,000 in a Health Reimbursement Account

HIGH DEDUCTIBLE HEALTH PLAN
- CHOOSE
- $500/$1,000 in a Health Reimbursement Account
- Can’t use Dartmouth Health Connect

TAX ADVANTAGE PLANS
Health Reimbursement Account (HRA)

What medical plan options come with an HRA?
- Cigna Choice Fund (CCF)
- High Deductible Health Plan (HDHP) with HRA

Employer Contribution to my HRA:
- Individual: $500
- Family (2+): $1,000

Employee Contribution limit on my HRA: N/A

Do unused HRA funds carryover?
- Only if you remain in the same medical plan for 2022

How do I access my HRA Funds?
- You don’t. Cigna manages the account for you.
Health Care Flexible Spending Account (HCFSA)

- Dartmouth’s Flexible Spending Accounts is administered by Sentinel Benefits

Key Benefits

- Set aside pre-tax dollars that you can use during the year to pay for eligible medical expenses.
- Use your Sentinel Benefits (Sentinel) Benny Debit Card to pay for eligible expenses on day one, and even spend leftover HCFSA dollars at https://my-healthshopper.com/?id=10322.
- The account can be used together with an HRA to help pay vision and dental expenses, copays, and additional deductible and coinsurance amounts not paid by the HRA.
New Benny Cards will be issued to new enrollees only. If you were enrolled in the benefit for 2021 you will use the same card that was already issued to you.

The **Benny card is a Debit Card** and can be used to pay for eligible FSA expenses for your HCFSA and/or DCFSA.
What medical plan options don’t allow an HCFSA?
• High Deductible Health Plan (HDHP) with Health Savings Account (HSA)

Employer Contribution to my HCFSA:
up to $250
(If Eligible)

Employee Contribution limit on my HCFSA:
$2,750

Do unused HCFSA funds carryover?
A balance over $30 will be carried forward – please note exception due to COVID-19

How do I access my HCFSA Funds?
The Benny Card
Manually Submit

If you want to contribute funds for 2022, you must make your election during Open Enrollment
Dartmouth will contribute up to $250/year if you meet the following eligibility requirements below:

1. Enrolled in the Cigna Open Access Plus Plan or you decline medical coverage for 2022

   **AND**

2. Biweekly paid or Monthly paid earning $60,000 or less annually

Employer contribution is prorated based on your Full-Time Equivalent (FTE)
Use pre-tax dollars to pay for:

Child Daycare:
- Child daycare (under age 13) and/or
- Before or After school programs for child(ren)
- Summer Day Camps

Care for elderly or disabled adult family members:
- Adult daycare center
- Eldercare in your home or someone else’s
Dependent Care Flexible Spending Account (DCFSA)

Employer Contribution to my DCFSA:
N/A

Employee Contribution limit on my DCFSA:
$5,000 (per household)

Dependent Care FSA: Employees will have a grace period to use the money through December 2022, this is temporary due to provisions during the COVID-19 Pandemic

How do I access my DCFSA Funds?
The Benny Card
Manually Submit

If you want to contribute funds for 2022, you must make your election during Open Enrollment.
For More Information on FSA’s

- Check out our FSA brain shark
- Set up an Account with Sentinel
- Learn more about deadlines and how these benefits work

Visit: dartgo.org/fsa
What medical plan options allow an HSA?

- High Deductible Health Plan (HDHP) with Health Savings Account (HSA)

Employer Contribution to my HSA:

- Individual: $500
- Family (2+): $1,000

Employee Contribution limit on my HSA:

- Individual: $3,650
- Family (2+): $7,300
- Age 55+: $1,000

Do unused HSA funds carryover?

- Full unused balance (for life)

How do I access my HSA Funds?

- Fidelity HSA Debit Card

You can start, stop, reduce or increase your contributions at any time during the year.
Additional Information on HSA’s

• You can rollover HSA funds from another account

• Invest your HSA funds in a selection of investments through Fidelity once your balance reaches $2,000

• New enrollees will receive an email with instructions on how to activate your HSA account at Fidelity in December.

• The HSA provides a triple tax advantage: money goes in tax-free, grows tax-free, and is tax-free when used to pay for eligible health care expenses.

• You and Dartmouth contribute. You can change your annual contribution amount anytime during the plan year.

• When you have an eligible expense, you have the option of using a Fidelity-provided debit card, or checkbook, or you may reimburse yourself by check or direct deposit.

• The money is always yours. Besides being free to choose when and how much of your HSA funds to use, any money left over at year’s end is yours to keep. You can even take your HSA dollars with you when you leave the plan, change jobs or retire.

Visit: dartgo.org/hsa
OPEN ENROLLMENT 2022
Vision Plan – Cigna Vision
• There are no changes to the plan design

• Vision coverage is included with your medical plan

• No cost to you

• For more details, visit dartgo.org/vision

• To check for in-network vision providers go to www.mycigna.com or call Cigna Vision Member Services at 877.478.7557.
# Cigna Vision Coverage

<table>
<thead>
<tr>
<th></th>
<th>OAP and CCF Plan</th>
<th></th>
<th></th>
<th>HDHP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In-Network</td>
<td>Out-of-Network</td>
<td>Frequency period*</td>
<td>In-Network</td>
</tr>
<tr>
<td>Exam copay</td>
<td>$0</td>
<td>N/A</td>
<td>12 months</td>
<td>$0</td>
</tr>
<tr>
<td>Exam coinsurance</td>
<td>Covered 100%</td>
<td>Covered 70%</td>
<td>12 months</td>
<td>Covered 100%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Materials allowance**</td>
<td>Up to $50</td>
<td>Up to $50</td>
<td>12 months</td>
<td>N/A</td>
</tr>
</tbody>
</table>

**NOTE:** The High Deductible Health Plan offers no Material Allowance
OPEN ENROLLMENT 2022
Prescription Plan – Express Scripts
Prescription Plan – Express Scripts

• If you are enrolled in a medical plan, you automatically receive a prescription plan

• More information is available at dartgo.org/pharmacy
Prescription Plan – Express Scripts


- 2021 coverage and pricing are available until 1/1/22.
- National preferred Formulary list shows 2022 covered medications.
- 2022 pricing will be available on 1/1/22.
Prescription Plan – Express Scripts

**Tiered drug pricing:**

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>OAP</th>
<th>CCF</th>
<th>HDHP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retail pharmacy network (up to a 30-day supply)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Generic</td>
<td>$7.50</td>
<td>$7.50</td>
<td>Deductible/Coinurance</td>
</tr>
<tr>
<td>Preferred brand</td>
<td>$30</td>
<td>$30</td>
<td>Deductible/Coinurance</td>
</tr>
<tr>
<td>Non-Preferred brand</td>
<td>$50</td>
<td>$50</td>
<td>Deductible/Coinurance</td>
</tr>
<tr>
<td>Home Delivery from Express Scripts Pharmacy or at CVS Pharmacy (up to 90-day supply)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Generic</td>
<td>$15</td>
<td>$15</td>
<td>Deductible/Coinurance</td>
</tr>
<tr>
<td>Preferred brand</td>
<td>$60</td>
<td>$60</td>
<td>Deductible/Coinurance</td>
</tr>
<tr>
<td>Non-Preferred brand</td>
<td>$100</td>
<td>$100</td>
<td>Deductible/Coinurance</td>
</tr>
</tbody>
</table>
PillarRx is a cost saving Copay Assistance Program, for members taking some specialty medications through Accredo.
  
  - PillarRx enrollment will be mandatory.
  - You and/or your dependents will be notified by PillarRx if you are eligible for this program.

**Specialty medications:** High cost oral or injectable medications that are used to treat complex chronic conditions (i.e. cancer, MS, HIV, etc.).

Check your medications at [www.express-scripts.com/DartmouthCollege](http://www.express-scripts.com/DartmouthCollege) or contact PillarRx at 636.614.3126 to determine if your medication is eligible.
OPEN ENROLLMENT 2022
DENTAL INSURANCE – NE Delta Dental
2022 Dental Changes

- No increase in premiums
- Adding coverage of mouthguards for tempromandibular joint dysfunction (applies to the High plan only).

[Link: dartgo.org/benefit-cost-estimator]
# Delta Dental Plans

<table>
<thead>
<tr>
<th>Service</th>
<th>Low Plan</th>
<th>High Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Standard Dental Services</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Annual Deductible</td>
<td>$50 Individual</td>
<td>No Deductible</td>
</tr>
<tr>
<td></td>
<td>$150 Family</td>
<td></td>
</tr>
<tr>
<td>Diagnostic and Preventive Services</td>
<td>100% No Deductible</td>
<td>100%</td>
</tr>
<tr>
<td>(e.g., exams, cleanings, X-Rays)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basic Restorative Services (e.g., fillings, extractions, root canals)</td>
<td>80% After Deductible</td>
<td>80%</td>
</tr>
<tr>
<td>Major Restorative Services (e.g., crowns, bridges, implants)</td>
<td>N/A</td>
<td>50%</td>
</tr>
<tr>
<td>Annual Plan Max (per person)</td>
<td>$1,000</td>
<td>$5,000</td>
</tr>
<tr>
<td><strong>Orthodontia Coverage</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orthodontia Coinsurance</td>
<td>N/A</td>
<td>50%</td>
</tr>
<tr>
<td>Orthodontia Lifetime Max</td>
<td>N/A</td>
<td>$2,000**</td>
</tr>
<tr>
<td>Adult Orthodontia Coverage</td>
<td>N/A</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Monthly Rates</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$36.94</td>
<td>$68.04</td>
</tr>
<tr>
<td>2-Person</td>
<td>$65.75</td>
<td>$121.11</td>
</tr>
<tr>
<td>Family</td>
<td>$113.04</td>
<td>$208.21</td>
</tr>
</tbody>
</table>
OPEN ENROLLMENT 2022
Life Insurance – Lincoln Financial
Changing vendors from MetLife to Lincoln Financial effective 1/1/2022.
Increase in rates will be 4.7% on average across all lines of coverage.
Basic Life Insurance

- $50,000 basic life option for faculty, exempt and non-exempt employees

- SEIU employees please refer to your union contract.
Supplemental Life Insurance

• You can elect 1x to 8x annual salary to a maximum of $1.5M

• Increases to your Supplemental Life during Open Enrollment, requires Evidence of Insurability (EOI)

• SEIU employees refer to your union contract
Dependent Life Insurance

- $25,000 coverage for spouse

- $10,000 coverage per child (no additional cost)

Dartmouth couples **cannot** cover each other and only one spouse can cover the child(ren)
Your Life Insurance Beneficiaries

You can now identify and **allocate** your Beneficiary(ies) for each of your life insurance plans in FlexOnline, anytime of the year. To make changes or revisions to your beneficiary information simply log on to FlexOnline go to Main Menu select your Profile then your beneficiaries you can make changes there.

- Basic Life
- Supplemental Life
- Accidental Death & Dismemberment (AD&D)
- Business Travel Accident (BTA)
Short- and Long-Term Disability
Lincoln Financial Group
Short-Term Disability

• Short-Term disability is a pay replacement benefit when you cannot work due to a medical condition or maternity leave

• Refer to the 2022 Open Enrollment Guide at dartgo.org/benefits2022 for detailed information about this benefit

• The College pays the cost of this benefit
Long-Term Disability

• When you are out of work past 26 weeks, due to a medical condition, approved LTD offers 50% income replacement at no cost to you

• The maximum benefit under the LTD plan is $15,000 per month

• You can only increase your LTD coverage level by 10% (60% and 70%) during Open Enrollment at a cost to you

• If you are currently receiving disability benefits, you are not allowed to buy additional coverage.
<table>
<thead>
<tr>
<th>Benefit</th>
<th>Member ID Card</th>
<th>When will I receive?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigna Medical</td>
<td>Newly Enrolled Employees/Dependents or Employee Changes Medical Plans</td>
<td>Before 1/1/2022</td>
</tr>
<tr>
<td>Cigna Vision</td>
<td>Newly Enrolled Employees/Dependents</td>
<td>Before 1/1/2022</td>
</tr>
<tr>
<td>Delta Dental</td>
<td>Newly Enrolled Employees/Dependents</td>
<td>Before 1/1/2022</td>
</tr>
<tr>
<td>Express Scripts</td>
<td>Newly Enrolled Employees/Dependents</td>
<td>Before 1/1/2022</td>
</tr>
<tr>
<td>Sentinel Benefits (FSA)</td>
<td>Newly Enrolled Employees</td>
<td>Before 1/1/2022</td>
</tr>
</tbody>
</table>
Initiatives to Improve Health and Access

Alex

Dartmouth will continue to provide access to ALEX, an online health plan decision support tool, to help you understand the plan options and consider the best plan for you and your family.
OPEN ENROLLMENT 2022
Retirement
• **Contributions**

  • You can change your Supplemental Retirement Account (SRA) contributions or retirement provider (Fidelity or TIAA) any time during the year.
    • You do not have to wait for Open Enrollment or experience a qualifying life event to change your contribution amount.
  • Depending on when you submit your change, it will take effect within the next one to two pay periods.
    • In general, if you submit your change at least 10 days prior to your next pay date, the change will take effect on that paycheck.
Retirement

• Accessing your retirement plans
  • To access your retirement plans, log into NetBenefits at: www.netbenefits.com/dartmouth.

• Helpful resources
  • User Guide – how to enroll in the 401(a) Plan and SRA.
  • How to Guide – how to manage your accounts.
    • Both guides can be found on the Benefits website at: www.dartmouth.edu/hrs/benefits/access/.
  • NetBenefits Retirement Service Center at 800-343-0860.
  • Benefits Office at 603-646-3588 or human.resources.benefits@dartmouth.edu.
• **Employee maximum SRA contributions**
  
  • The 2022 annual contribution limits will be announced by the IRS in late October.
    • The limits may or may not change, the 2021 limits are $19,500 if under age 50 and $26,000 if age 50 or older.
    • Once the new limits are available, they will be communicated in the VOX and posted on the Benefits website.

• **If you want to change your contribution amount effective with your first paycheck of the new year:**
  
  • *Monthly paid employees* – make your change between November 28, 2021, and December 22, 2021, to be effective on your January 1, 2022, paycheck.
  
  • *Biweekly paid employees* – make your change between December 19, 2021, and December 30, 2021, to be effective on your January 7, 2022, paycheck.
Financial wellness webinars

- Fidelity and TIAA offer webinars throughout the year on various financial education topics.
- Please watch for communications on topics, dates and times.

Dartmouth-exclusive webinars

- Each month, Fidelity or TIAA offer a webinar for Dartmouth employees only.
- The sessions (including registration information) are communicated in the VOX as well as in the Wellness at Dartmouth Newsletter.
  - October’s session will be held on Wednesday, October 27 at 12:00PM.
Retirement

• **Individual counseling sessions**
  • Available by phone or video conference (spouses/partners welcome to join).
  • To schedule a session:
    • Fidelity – [http://getguidance.fidelity.com](http://getguidance.fidelity.com) or call 800-642-7131.
    • TIAA – [http://www.tiaa.org/schedulenow](http://www.tiaa.org/schedulenow) or call 800-732-8353.

• **Beneficiaries**
  • Make sure your beneficiary designations are up-to-date.
    • Fidelity – [www.netbenefits.com/dartmouth](http://www.netbenefits.com/dartmouth) or call 800-343-0860.
    • TIAA – [www.tiaa.org/dartmouth](http://www.tiaa.org/dartmouth) or call 800-842-2252.
OPEN ENROLLMENT 2022
Wellness
Wellness Benefit Options

Three wellness benefit options to choose from:

Option 1: The Pulse Program

Comprehensive well-being program provides cash rewards of up to $400 per calendar year (up to $800 per family, if spouse is eligible).

- Available to Employees and Enrolled Spouses
- Earn points for participating in activities including Journeys digital coaching programs on topics such as reducing stress, eating healthy, managing finances, and heart health; team-based MOVE IT Challenges; healthy habit challenges, daily health tips, well-being workshops and more!
- **New!** My Care Checklist dashboard to self-track preventive exams, tests, and vaccinations.
- **New!** Spotlight mindfulness challenges with personalized goals.
- **New!** Journeys, daily cards, and healthy habit challenges to embrace diversity, equity, and inclusion.
Option 2: The Fitness Reimbursement Benefit

The Fitness Reimbursement Benefit provides a reimbursement of up to $225 per calendar year per family for fitness facility membership and exercise class fees (including online/DVD exercise classes).

• Available to Employees and Enrolled Spouses
Option 3: Dartmouth Fitness Membership at Alumni Gym

Receive a free Dartmouth Fitness annual membership at Alumni Gym (value $450) from July 1, 2022 – June 30, 2023.

- **Dartmouth Fitness** membership provides access to the indoor racquet and squash courts, indoor track and gymnasium, and the swimming pools within Alumni Gym as well as the Zimmerman Fitness Center, which has a wide selection of cardio and strength training equipment.
- Effective for memberships beginning July 1, 2022, or later in 2022; credit is applied at time of purchase.
- Available to Employees only.

All rewards, reimbursements and membership credits that you and/or your spouse receive are considered taxable income and applicable taxes will be withheld from your paycheck.
Dartmouth Health Connect

- Conveniently located in Hanover, plus the ability to communicate by phone, email, video and text
- Receive 24/7 access to a doctor and same or next day appointments for urgent needs
- Personal health coach dedicated to your well-being
- Access to a behavioral health specialist in the comfort and privacy of your doctor’s office
- $0 co-pays
- Accepting new patients, including Medicare-eligible patients

Please note: the IRS prohibits Dartmouth Health Connect patients from contributing to or receiving contributions to a Health Savings Account (HSA).

www.dartmouthhealthconnect.com
• **Free digital lifestyle change program** that can help you lose weight, feel fantastic, and develop long-term healthy habits

• For eligible faculty/staff, and adult dependents (18+), enrolled in a Dartmouth College medical plan who are at risk for type 2 diabetes or heart disease

• **What You’ll Get:**
  • Wireless smart scale
  • Omada health coach
  • Interactive weekly lessons
  • Online peer group, and more!

• Take a 1-minute health screener tool to see if you’re eligible:
  • [Omadahealth.com/dartmouth](http://Omadahealth.com/dartmouth)
In partnership with GuidanceResources, the F/EAP provides you, and your household members, with confidential support, resources and information for personal and work-life issues.

- These services are provided at **no cost** to you

- Resources available include:
  - Confidential **Counseling** (up to 8 sessions per issue)
  - **Legal** Guidance
  - **Financial** Resources
  - **Work-Life** Solutions

- **Available 24/7**
  - Call: 844.216.8308
  - Online: www.guidanceresources.com (click on register and enter ID: Dartmouth)
  - App: GuidanceNow®

www.dartmouth.edu/eap
If you’re enrolled in one of the Cigna health plans through Dartmouth, a variety of virtual behavioral health resources are available to you.

- **MDLive**
  - Schedule a virtual visit with a licensed therapist or psychiatrist via phone or video; have a prescription sent to your local pharmacy, if appropriate

- **Ginger**
  - App offers behavioral health coaching via text-based chats, plus access self-guided activities, articles, and podcasts 24/7; if needed, your coach can add a licensed therapist or psychiatrist to your care team

- **TalkSpace**
  - Access licensed therapists and psychiatrists via text, voice, and video

- **iPrevail app**
  - Free on-demand coaching and personalized learning tool

- **Happify app**
  - Free self-directed program with activities, science-based games and guided meditations

www.mycigna.com
Additional Programs & Resources

• **Webinars / Yoga Classes**
  - Pulse Program Open House (10/28)
  - Healthy Cooking Demos: Couscous Cranberry Harvest Salad (11/9) / Mini Chickpea Fritters with Tahini Sauce (12/14)
  - Journaling & Writing for Personal Growth (11/10) / Making Connections in Work & Life (12/8)
  - Yoga Classes (Tuesdays at 6:45am & 5:15pm / Wednesdays at 12:15pm) / Morning Meditation (Tuesdays at 8am)

• **Flu Shots**
  - Receive a flu shot, with no copay, at your local pharmacy, your Primary Care Provider’s office or a community clinic

• **Wellness Program Option Reminders for 2021:**
  • **Fitness Reimbursement Benefit:** Submissions must be postmarked by 12/31/21
  • **Dartmouth Fitness Membership:** Membership must be purchased by 12/31/21 *(please note: Alumni Gym is currently closed to employees; if you would like to switch to a different wellness benefit for the remainder of 2021, please reach out to wellness@dartmouth.edu by November 1, 2021)*
  • **Pulse Program:** MOVE IT: The Inca Trail -- November 15 – December 6
  • **Tobacco-Free Policy**
    - Dartmouth has a variety of cessation resources available including free Quit Kits - [https://sites.dartmouth.edu/tobaccofree/resources/](https://sites.dartmouth.edu/tobaccofree/resources/)

www.dartmouth.edu/wellness