

BE WELL
KNOW
YOUR BENEFITS



2017
LE MOYNE
COLLEGE

A CARE Team to Assist YOU!



Introducing... your Relph **CARE TEAM** ready to ANSWER your benefit questions and needs!

Get the most from your healthcare benefits!

Relph Benefit Advisors (RBA) is your single point of contact for all your healthcare needs and insurance-related questions. Save time and effort by allowing RBA to assist with your benefit plan questions including:

- Help understanding and navigating your health care plan
- Ordering replacement insurance ID cards
- Locating providers and specialists
- Estimates for out-of-pocket cost and plan coverage
- Assistance with resolving provider billing insurance claims
- Help with facilitating approval and prior authorization for services, as required
- Support with out-of-area services
- Any other related healthcare topic

Stephanie Shook
Le Moyne's Group Benefit Administrator
1-800-836-0026, ext 258
sshook@relphbenefitadvisors.com

Relph Benefit
Advisors

ENROLLMENT

YOUR BENEFIT OPTIONS AT A GLANCE

You may choose to enroll in (or change) the following benefits:

COVERAGE	PLAN OPTIONS
Medical (individual or employee + children)	Excellus BCBS: PPO-L, HealthyBlue, SimplyBlue*
*Health Savings Account	Lifetime Benefit Solutions (Only available if enrolled in the SimplyBlue plan)

The College also provides many other benefits as part of your total benefits package:

- Supplemental Retirement annuity
- Basic Life Insurance (see Adjunct Union contract for eligibility)
- Tuition remission (see Adjunct Union contract for eligibility)
- Recreation Center - weight room, track, pool, gym, studio and racquetball courts
- Free fitness, yoga and barre classes
- Free on-campus parking
- Metlife Auto & Home Insurance
- Performing Arts Center - discounts available for many shows/performances
- Library
- Bookstore discounts
- Numerous free lecture series on campus
- Professional Development funds (see Adjunct Union contract for eligibility)
- Subsidy reimbursement for vision and/or dental insurance (see Adjunct Union contract for eligibility)

ENROLLMENT INFO

You may enroll in the medical plans:

- during the annual open enrollment period (if you are eligible based on the number of courses taught in the measurement period) and/or
- within 30 days of a “qualifying event” (if you are eligible based on the number of courses taught in the measurement period)

The Office of Human Resources will notify you prior to the open enrollment period if you are eligible to enroll in medical coverage.

MANAGING YOUR PERSONAL HEALTH AND WELLNESS

MISSION: In alignment with our Ignatian identity, Dolphins Live Well promotes integrated wellness of mind, body, and spirit, by empowering the Le Moyne community to make active decisions regarding their overall wellbeing through insight, inquiry, and involvement.

DOLPHINS LIVE WELL

Le Moyne College cares for the health and well-being of its faculty, staff, and students - that's why we've developed Dolphins Live Well.

When you make smart, well-informed health care decisions, you reduce your out-of-pocket health care costs and increase your odds of living a long, healthy life.

Our **VISION** is to be/provide a comprehensive source of resources and information serving a vibrant campus community where personal development and wellbeing is the norm.

Wellness is...

- an active, intentional, lifelong process of becoming aware of choices and making decisions toward a balanced and meaningful life.
- a way of life oriented toward optimal health and well-being in which body, mind, and spirit are integrated by the individual to live more fully within the human and natural community. - Myers, Sweeney, Whitmer
- an active process through which people become aware of, and make choices toward, a more successful existence. - Hettler
- Giving good care to your physical self, using your mind constructively, expressing your emotions effectively, being creatively involved with those around you, and being concerned about your physical, psychological, and spiritual environments. - Travis

DOLPHINS LIVE WELL

Provides resources and encourages involvement in:

PHYSICAL,
EMOTIONAL,
SPIRITUAL &
FINANCIAL
WELLNESS & WELLBEING

PROGRAMS & SERVICES

LUNCH N' LEARNS

Monthly lunchtime sessions on different aspects of wellness and healthy living to support a healthy you! Pre-registration is requested.

FLU SHOTS

Flu shot clinics are coordinated by the Health Center. No charge for faculty or staff who show their health insurance card. Flu shot clinics are scheduled during the fall semester.

GO MOVE CHALLENGE

February Challenge

Every minute of movement counts in the Go Move Challenge as faculty and staff compete to determine which Jesuit university is the most active. Movement is defined as any intentional exercise that causes at least a small increase in breathing or heart rate. With 19 universities participating in 2017, the goal is to collectively achieve five million minutes of movement.

RECREATION CENTER

On-site, fully equipped recreation center is open to all faculty and staff free of charge.

Family memberships are available for purchase through the recreation/athletic center. Family memberships are applicable to spouse and dependent children (ages 16 to 18 will receive their own membership card).

* six month fee is \$85; 1 year fee is \$100.

Facility includes Paloney Wellness center, fitness room, indoor pool, indoor track, studio, basketball courts and racketball courts. Some of the fitness room equipment includes: free weight-lifting machines, cardio equipment (treadmills and ellipticals have individual tv screens), stationary bikes, etc.

FITNESS CLASSES

Fitness classes are offered during the lunch hour and in the evenings. Classes include: Body Sculpt, Boot Camp, Cycle & Strength, Spinning, and Zumba, TRX, Kickboxing, Barre, and Yoga. Pre-register through recreation center website

WELLNESS NEWSLETTER

Semi-monthly newsletter that includes articles, recipes, and updates on current wellness sessions and opportunities on campus.

Sign-up to receive your wellness newsletters!
Email zubietak@lemoyne.edu

Wellness information, yoga, newsletter, etc: [Dolphins Live Well webpage](#)

Recreation Center: lemoynedolphins.com

CONTACT INFORMATION

Relph Benefit Advisors

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Excellus BCBS (Medical Insurance)

PO Box 22999
Rochester, NY 14692
Website: <http://www.excellusbcbs.com/lemoyne>
Customer Service #: 1-800-499-1275

-PPO-L Plan: Group #: 00015183-0002
-HealthyBlue - PPO Plan: Group #: 00015183-0001
-SimplyBlue - High Deductible Health Plan
Group #: 00015183-0003

-Dental Plan: Group #: 514629-501

OptumRx

Member Services: 877-797-4877
Member Portal: www.OptumRx.com

TIAA-CREF

730 Third Avenue
New York, NY 10017-3206

Main Number: 1-800-842-2733
Participant Information: 1-800-842-2776
Automated Telephone Service: 1-800-842-2252

Representative: Joseph Silino
250 S. Clinton Street, Suite 310
Syracuse, NY 13202
(315) 477-9000
website: <http://www.tiaa-cref.org/lemoyne>