

STONEHILL COLLEGE



VALUE ADDED
SERVICES

TUFTS HEALTH PLAN

TUFTS Health Plan

No one does more to keep you healthy.

Healthy Eating

- **Counseling:** You can receive 25% off the cost of visits with a registered dietitian or licensed nutritionist in our network.
- **Supplements:** Save up to 40% on a wide variety of vitamins, supplements, and popular energy and protein bars through **ChooseHealthy.com**. Standard shipping is also free for members.

Mind and Body

- **Acupuncture and Massage:** Save 25% on acupuncture treatments and massage therapy. To find a participating provider, go to **tuftshealthplan.com** and click on Find a Doctor, then search under Other Services.
- **Hospital-Based Health and Wellness Seminars:** Save up to 30% on wellness seminars and workshops at participating facilities. Topics include smoking cessation, stress management, aging, and parenting.
- **Natural Therapies:** Save up to 40% on aromatherapy, homeopathic remedies, meditation, yoga, and other natural remedies. To learn more, go to **ChooseHealthy.com**.

Fitness Centers

- Save 20% on annual memberships and pay no fee for joining at Tufts Health Plan network fitness centers in Massachusetts, New Hampshire, and Rhode Island. The network includes almost 80 health and fitness centers.
- Save 50% when you join a participating New England Curves® club.
- Save 10% on a personal training package at Fitness Together and receive a free fitness evaluation.
- Save 20% on an Appalachian Mountain Club membership and receive discounts on lodging, subscriptions, and programs.
- Members 18 years old and younger pay no fee to join a network Boys & Girls Clubs in Massachusetts and Rhode Island. Members also receive a 20% discount on the cost of most programs.

For a full list of fitness centers in the Tufts Health Plan network, go to **tuftshealthplan.com** and click on Find a Doctor, then search under Other Services.

If you're not ready to join a fitness center, you and your family can go to a center in the Tufts Health Plan network and pay a small copayment of \$3-\$6 for each visit, up to five times a month.

* Above benefits are available to Stonehill College faculty and staff who participate in our medical plan with Tufts Health Plan.

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More Savings

- **New Balance Discount:** New Balance in Burlington and Mashpee, Massachusetts, offers members a 15% discount on fitness-related clothes, footwear, and other items.
- **Discounts on Glasses and Contacts:** With the EyeMed Vision Care program, you can receive 35% off the price of frames, along with discounts on lenses and lens options, when you buy a pair of eyeglasses from an EyeMed network provider. EyeMed Vision Care also offers a replacement contact lens program, 20% off the price of nonprescription sunglasses, and 5%-15% off the cost of LASIK and PRK laser vision correction. To find an eye care provider in the EyeMed Vision Care network, go to tuftshealthplan.com and click on Find a Doctor.
- **Keepingyouhealthy.com:** You'll find a variety of discounts and coupons available on this site. Also, check out health, fitness, nutrition, and stress reduction tips, information, and videos to help you stay on target for achieving your health goals.
- **Home Care for Seniors:** Receive a \$100 one-time credit toward home care support services. These include help preparing meals, light housekeeping, and other nonmedical home care services. A free home-safety inspection is also provided once you contract for home care services. This includes a review of the home entrance, kitchen, bathrooms, and more. This benefit is available to eligible family members of Tufts Health Plan members.

Log in at mytuftshealthplan.com and start using your secure online account to manage your health and well-being.

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TUFTS HEALTH PLAN

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All Stonehill College faculty and staff members enrolled in our medical plan are encouraged to register for an on-line account with Tufts Health Plan.

Registration is easy and simple:

- 1) Go to **www.mytuftshealthplan.com**
 - 2) Click on **Get Started Now**
 - 3) Enter the Requested Information and create your username and password.
- By registering on-line you have access to your claims, explanation of benefits and learn about value added services such as the CVS Tufts Care Card and More!



The screenshot shows the myTUFTS Health Plan website. At the top, there is a navigation bar with links for Home, My Coverage, Take Charge of My Health, Find a Doctor, and Changes & Requests. Below this, there is a section for "Learn how to live healthier." with a photo of a family and a list of services: View Benefits & Coverage, Find Claims, Check Referrals & Authorizations, Refill a Prescription, Order Member ID Card, and Access Form MA 1099-HC. To the right, there is a "What's New:" section with a link to "What Can I Do In My Online Account?". Below that is a "My Profile" section showing subscriber information: JOHN A SAMPLE, ID# 123456789 01, Plan Type HMO. Further down is a "Health Reminders" section with links for "Are Your Vaccines Up To Date?", "Breast Cancer Screening Guidelines", and "Cervical Cancer Screening Guidelines". Below that is a "Decision Tools" section with links for "Look up a health topic", "Hospital Advisor by WebMD", and "Estimate your treatment cost". At the bottom, there is a "Find a Doctor" section with a search bar and a photo of a doctor. The footer contains copyright information for Tufts Associated Health Plans, Inc. and links for Terms Of Use, Legal, Privacy & Security, and Get Adobe® Reader to View PDF's.

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DELTA DENTAL



With Rollover Max from Delta Dental, you won't lose what you don't use.

Thanks to *Rollover Max* from Delta Dental, there's good news if you don't hit your maximum dental benefit limit during the year.

This valuable benefit feature allows you to roll over a portion of your unused spending to increase your maximum benefit limit next year, and beyond.

So, you can save and accumulate part of your unused benefit dollars from a healthy year and use it for larger, more expensive procedures in the future—such as bridges, crowns, and root canals.

How Rollover Max works

The chart below shows how *Rollover Max* is calculated based on various annual maximum benefit levels. To qualify for Rollover Max you must receive at least one oral exam or cleaning in the plan year, 7/1/12 - 6/30/13.

Your plan's annual maximum benefit amount.	If your total yearly claims don't exceed this threshold amount...	Then you can roll over this amount to use next year, and beyond.	Your accumulated rollover total is capped at this amount.
\$500 – \$700	\$200	\$150	\$500
\$750 – \$950	\$300	\$200	\$500
\$1,000 – \$1,200	\$500	\$350	\$1,000

Delta Dental of Massachusetts
465 Medford Street, Boston, MA 02129-1454
www.deltadentalma.com | 1-800-872-0500

* The above illustration is intended as a brief overview of benefits only. Benefits are available to Stonehill College faculty and staff who participate in our dental plan with Delta Dental.

EYEMED



EyeMed's Mobile Member Website

“Because your employees’ vision benefit information should be there when they need it, no matter where they are.”

Giving you convenient access while on the go

We know how important regular vision care is to your overall health and productivity. That's why EyeMed is launching a mobile version of its member website. Because our members lead busy lives, they need a vision care plan that keeps up with them. The website is optimized for mobile devices, so members have access to their benefit information at the touch of their fingertips. Not only does EyeMed offer convenient provider locations, but the convenience of our mobile site makes it even easier for members to access their vision benefit information.

At-Your-Fingertip-Features

The mobile website gives at-your-fingertips access to some of the most-used features of the full member website. Members can:

Locate a Provider

The site provides a list of the closest providers to the member's current location, point-to-point directions, maps and the ability to click and call the provider office.

View ID Card

Members can pull up their ID card on their mobile device – a helpful feature if their paper ID card is not available for an eye exam appointment or when purchasing eyewear.

View Benefits

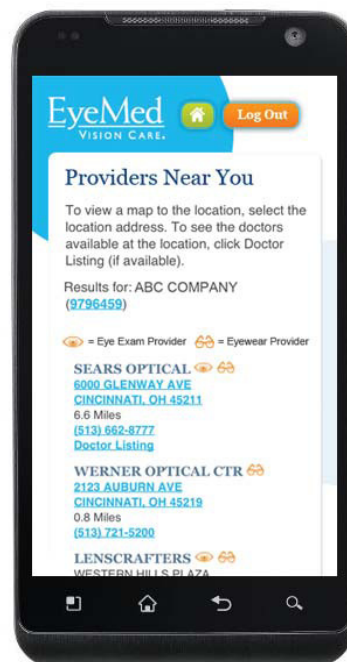
Members can reaffirm their in-network and out-of-network benefits coverage and current benefit eligibility. They may access this information for all accounts for which they are a member and for all members covered by the accounts.

Contact EyeMed

Members may click to call our customer care center.

Find Answers to Common Questions

Mobile FAQs offer quick answers to some of the most popular questions asked by our members.



Visit the mobile website from
your mobile device at
EyeMedVisionCare.com
To learn more about EyeMed Vision
Care visit www.WhyEyeMed.com



* Above benefits are available to Stonehill College faculty and staff who participate in our voluntary vision plan with EyeMed.

Lincoln Financial Group



TravelConnect Program

The *TravelConnect* program offers a wealth of travel, medical and safety related services to your employees and their family members. Whether traveling for business or leisure, any time a covered individual is more than 100 miles from home, *TravelConnect* services are available 24 hours a day, seven days a week.

The services can be as simple as getting the weather forecast for a travel destination or as complex as an emergency evacuation from halfway around the world. *TravelConnect*] services are just a toll-free phone call away. Employees are provided with a valuable Benefit they can enjoy when traveling or planning a trip. With many domestic and International business travelers, travel assistance is a popular employee benefit.

Here is a list of some of the key services afforded to you through the program:

- Medical Evacuation
- Family Member Transportation
- Child Transportation
- Transportation after Stabilization
- Medically Supervised Repatriation
- Medical and Dental Referrals
- Arrange Hospital Payments
- Coordinate Delivery of Vaccine, Blood, or Medication to traveler
- Dispatch of a Qualified Doctor
- Transfer Medical Records
- Security Emergency Evacuation
- Organized Transportation Home
- Destination Information
- Lost or Stolen Travel Documents
- Legal Services
- Translation Assistance
- Emergency Pet Services

If you have any questions about the services or need travel assistance, please call the Travel Assistance Program provided by MEDEX:
(410 453-6330)

* Above benefits are available to all benefits eligible Stonehill College faculty and staff members.

Lincoln Financial Group



EmployeeConnect Services

No matter what issue, Lincoln Financial can help you 24/7 with confidential support, guidance and resources. Some instances include:

- Assistance with you or an immediate household member
- In-Person help with short term issues
- Toll Free and Web Access 24/7
- Phone access to legal counsel and a 25% discount on follow-up services
- Work/Life services to assist with childcare, eldercare, adoption, relationships and financial issues

Questions About *EmployeeConnect*?

Visit www.eapadvantage.com
Password = connect
Or call a specialist at (877-757-7587)

LifeKeys Services

When you choose life insurance, you're planning for your family's future — assuring their comfort and securing their plans. With Lincoln Term Life Insurance, you can also access services that make a real difference now as well as in the future. *LifeKeys* services, included at no additional cost with all Lincoln Term Life and Accidental Death and Dismemberment Insurance policies, provide assistance to you, your family and your beneficiaries.

- *EstateGuidance* will preparation
- *GuidanceResources* Online for articles, tutorials, videos, and "Ask the Expert" responses
- Identity Theft Assistance
- Beneficiary Assistance such as phone counseling, grief support, financial services, legal support, and support with day to day concerns.

Questions About *LifeKeys* Services?

Visit guidanceresources.com
Web ID = LifeKeys
Or call at (855-891-3684)

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THE WELLNESS CORPORATION



The Wellness Work / Life Program

The Wellness Work / Life Program is a confidential counseling and referral service provided free of charge to you and your household members. Below, please find brief descriptions of some of the services this program offers.

Confidential Counseling:

The Wellness Corporation is proud to offer up to three (3) sessions of confidential face to face counseling for our members and household members. Our trained, professional counselors will help to identify and resolve whatever personal issues you or your family may be having, including:

- Stress and Anxiety*
- Relationship Issues*
- Anger or Depression Issues*
- Parenting Issues*
- Substance Abuse*
- Grief and Loss*

Legal Consultations:

When you call The Wellness Corporation, we will connect you with an attorney for a free, 30 -minute consultation. Should your legal matter be more complex in nature, you will be referred to an attorney at a 25% discounted rate. Examples are:

- Contracts*
- Civil Lawsuits*
- Bankruptcy*
- Divorce*
- Real Estate Transactions*
- Criminal Actions*

Financial Resources:

Financial issues leave you feeling stressed and confused. Having someone with whom you can discuss your options can help you feel more in control. Our financial professionals are available to help you address issues including the following:

- Budget & Debt*
- Credit Card Issues*
- Estate Planning*
- Tax Advice*
- Bankruptcy*
- Planning for Retirement*

Telephonic Health & Wellness Coaching;

Your health coaching program offers on-line resources and one-on-one coaching for health related issues. When you contact us, you will be offered assistance with some of the following:

- Walking/Fitness Programs*
- Weight Loss*
- Nutrition Advice*
- Smoking Cessation*
- Chronic Disease Management*

Work/Life Resources:

The Work/Life program offers both informational resources and referral services. From becoming a new parent to taking care of an aging relative and more, our specialists will provide you with resources to help you make educated decisions. Some of our most frequent requests include:

- New Parent Coaching*
- Child/Elder Care Services*
- Special Needs Programs*
- Adoption Assistance*
- Educational Programs*
- Summer Camps*

Your WellnessWorkLife Website:

Is a resource for information on a wide range of issues. Additionally, you can take personalized health and wellness assessments, print out various useful forms and legal documents and much more.

Visit www.WellnessWorkLife.com today.

Company Registration Name: **Stonehill College** (not case sensitive)

Call 24 Hours a day: **1-800-828-6025** Voice/TTY

* Above benefits are available to all Stonehill College faculty and staff members.