

# BENEFIT NEWS

SUMMER 2019

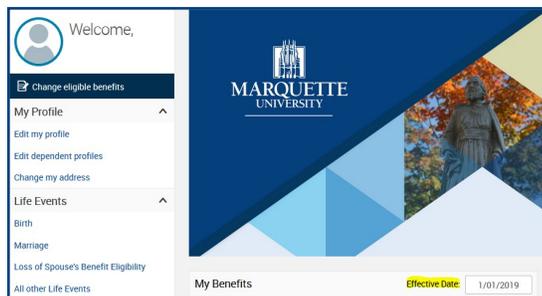
## NEWS SPOTLIGHT

### REVIEW YOUR 2019 BENEFITS

As was communicated throughout the annual enrollment period this past fall, as of 1/1/19 **ALL** benefits and associated information will now be housed in the new online enrollment application, Bswift. The only benefit that has its own access is the retirement plan with [TIAA](#).

You can visit [www.marquette.bswift.com](http://www.marquette.bswift.com) to review your 2019 benefit elections.

- User ID: You will use your 9-digit MU ID number.
- Password: If you have never logged in, you will use the last four digits of your SS#. Otherwise, it will be the password you changed it to on your initial login.
- To confirm that you are viewing your correct elections be sure to change the benefits effective date.



You can update your beneficiaries on this site also. Visit [www.marquette.bswift.com](http://www.marquette.bswift.com).

- Log in (See instructions above)
- Select "Edit my Profile."
- Select "Beneficiaries."
- Select "Add Beneficiary."
- You will see the fields to select the beneficiary for your life benefit as well as for your HSA.
- Enter the correct percentages for each benefit and select "Save."

For questions, contact The Benefits Team at [benefits@marquette.edu](mailto:benefits@marquette.edu) or 1-414-288-7305.



**MARQUETTE**  
UNIVERSITY

Human Resources

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### QUOTABLE

“Keep your face to the sun and you will never see the shadows”

~Helen Keller

## 2020 HEALTH RISK ASSESSMENT (HRA)

The 2020 Health Risk Assessment (HRA) process is upon us. For employees who have a spouse who is covered or will be covered by Marquette's medical plan in 2020, the employee and the enrolled spouse must complete both parts of the HRA process in order for the employee to receive the points toward the Marquette incentive for 2020.

Marquette University will not receive individual HRA results. In maintaining HIPAA compliance, Marquette will only receive a group summary report indicating "yes" or "no" for HRA participation.

This is a two step process; both steps are outlined below.

### **STEP 1: Complete the Biometric Screening (4500 Points)**

What is a Biometric Screening? It is a simple finger stick blood test that will analyze your cholesterol, HDL and glucose. Blood pressure, pulse, height, weight, and body mass index will also be recorded. The results are available in about 15 minutes. You and your enrolled spouse have 4 options available to compete this step.

- **Option 1:** Biometric screening with your primary care provider utilizing the Medical Provider Form below. Keep a copy of the completed form for your records. Biometric screenings for employees and enrolled spouses seeing their medical provider must fall between Monday, July 1, 2019 and Saturday, November 16, 2019. The procedure may be subject to health plan co-pays or deductibles. This form must be completed by your medical provider and sent to Aurora Healthcare, Attn: Aurora Wellness Services to fax# 1-414-525-2570 or email [wellness@aurora.org](mailto:wellness@aurora.org). The Authorization for Disclosure Form MUST be completed also. The form can be sent by either you or the medical provider along with your Authorization for Disclosure of Health Information Form **no later than 12 p.m. on November 16, 2019.**

#### [2020 HRA Medical Provider Form](#)

- **Option 2:** Complete your Biometric screening on-campus free of charge. Dates for on-campus screenings, including several Saturday options, will be announced in early Fall, with appointments beginning in mid-October and running through mid-November. Be sure to keep a copy of the results for your records.
- **Option 3:** Complete and keep a copy of a comparable biometric screening at a spouse's employer sponsored HRA screening and send results directly to Aurora Healthcare, Attn: Aurora Wellness Services to fax# 1-414-525-2570 or email [wellness@aurora.org](mailto:wellness@aurora.org). Biometric screenings must be completed between July 1, 2019 and November 16, 2019 and faxed to Aurora **no later than 12 p.m. on November 16, 2019.**
- **Option 4:** The Biometric screenings can be completed at limited Aurora Clinics in various outlying suburbs on Saturdays during the annual enrollment period. Dates and locations will be announced in early Fall, with appointments beginning in mid-October and running through mid-November. Be sure to keep a copy of the results for your records.

### **STEP 2: Complete an online questionnaire (2500 Points)** on the [Virgin Pulse wellness portal](#).

This questionnaire is currently available and can be completed before or after your biometric screening. Please be sure to keep a copy of the confirmation once completed.

**The questionnaire must be completed by 4 p.m. on November 18, 2019.**

For additional details on this process, visit the [Health Risk Assessment \(HRA\) Link](#) on the Benefits Website. If you have questions, contact benefits at [benefits@marquette.edu](mailto:benefits@marquette.edu) or 1-414-288-7305.

# LIVING WELL continued

## CREATING A HEALTHY CAMPUS

With summer finally here, there will be plenty of opportunities to enjoy outdoor activities like hiking, biking, swimming, and chasing the kids around. This is a perfect time to log your activities into [Virgin Pulse](#) to earn points.

Don't forget – Marquette's [wellness program](#) supports the many different dimensions of wellbeing, not just physical activity. As an example, you can [earn points](#) for the following:

- Professional development by attending a [GROW](#) class.
- Focus on your spiritual wellbeing by participating in a [Faber Center](#) event.
- Complete those preventive care exams.
- Plan for your financial wellbeing by attending a [TIAA counseling session](#).



These are just a few activities that can help you reach the wellness reward milestones for our 2020 benefit plan year. Visit the [Virgin Pulse website](#) for details on how to earn points.

And speaking of next year, our goal of increasing awareness and engagement in the everyday activities that impact wellbeing will remain, but we're learning a lot about our [wellness program](#) and will use that information to make it better for next year. Stay tuned!

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# PROVIDER FOCUS

## PROVIDER CONTACT INFORMATION

Below is a partial list of benefits/insurance providers and their contact information.

**UMR** (CPHP, AHDHP and EHDHP Medical Benefits): Claim or benefit inquiries, to order new cards or to find an in-network provider: 1-800-207-3172 or [www.umar.com](#) / Pre-Authorization or Notification number: 1-800-808-4424.

**Navitus** (Rx Benefit): Claim or benefit inquiries: [www.navitus.com](#) or 1-866-333-2757, 24 hours a day, 7 days a week.

**Teladoc** (Telehealth Benefit): Contact Teladoc 24 hours a day, 7 days a week at 1-800-Teladoc (1-800-835-2362) or [Teladoc.com](#).

**Delta Dental** (Dental Benefit): Claim or benefit inquiries, to order new cards or to find an in-network provider: 1-800-236-3713 or [www.deltadentalwi.com](#).

**VSP** (Vision Benefit): Claim or benefit inquiries or to find an in-network provider: 1-800-877-7195 or [www.vsp.com](#).

**AURORA - EAP** (Employee Assistance Program): To speak to a counselor, 24 hours a day, 7 days a week call 1-800-236-3231. For online resources, you can visit the [Aurora EAP website](#).

**Discovery Benefits** (HSA/FSA 3rd Party Administrator): Check your balance, submit a claim or benefit inquiries: 1-866-451-3399 or [www.discoverybenefits.com](#).

**TIAA** (Retirement Benefit): Review, enroll or make changes to your account [online](#) or call 1-800-842-2252.

For detailed contact information, please visit our [Benefits Website](#).

# DID YOU KNOW

## INTERNATIONAL PERSONAL TRAVEL BENEFITS

What you need to know about traveling outside the United States

Your medical plan covers emergency treatment. Routine physicals, immunizations, screenings or prescription drugs that are not FDA approved are not covered. Coverage will also not be provided outside the US if the sole purpose of travel is to obtain medical services.



Because of the differences in the provider systems, your plan ID card only serves as evidence that you have a plan. It cannot be used to bill the plan directly for any services or supplies obtained. You will have to pay for the services upfront and keep all of the receipts.

When you return to the US, submit the bill and receipts with the completed [claim form](#) to UMR. The information sent to UMR will need to be translated into English. Please include your group and ID number or a copy of your ID card.

This can be submitted to:

**UMR - Claims Unit**  
**PO Box 30546**  
**Salt Lake City, UT 84130-0546**

You will receive an explanation of benefits (EOB) and a reimbursement for the eligible services you or your dependent received for any covered amount in US currency. The reimbursed amount will be based on the US equivalency rate that is in effect on the date you paid the claim, or on the date of service if the paid date is not known.

If you have any questions, please call UMR at 1-800-826-9781.



## UPCOMING EVENTS

Program	Date, Time & Location
<b>TIAA Individual Counseling Sessions - July &amp; August</b>	Wednesday, July 10, 2019 9:00 a.m. - 5:00 p.m., AMU 362
	Thursday, July 11, 2019 9:00 a.m. - 5:00 p.m., AMU 362
	Thursday, August 8, 2019 9:00 a.m. - 5:00 p.m., AMU 362
	Friday, August 9, 2019 9:00 a.m. - 5:00 p.m., AMU 362

Call TIAA for an appointment at 1-800-732-8353.  
Space is limited, so please RSVP as soon as possible.

[View upcoming GROW classes](#)

[View all benefits events](#)

**CONTACT**  
HUMAN RESOURCES



414.288.7305



[benefits@mu.edu](mailto:benefits@mu.edu)



[Marquette.edu/hr](http://Marquette.edu/hr)