



ROCK CHALK, JAYHAWK!



KU Benefits Updates – October 2018



Long Term Care Open Enrollment

A new voluntary [Long Term Care](#) benefit program will be available in 2019 for benefits eligible employees and their family members. Employees will receive a letter by mail from the State Employee Health Plan (SEHP) regarding this offering from the current vendor, ACSIA Partners LLC. Enrollment with reduced qualifying questions is only available from November 1 through December 31, 2018.

ACSIA will share information at a workshop on the KU Lawrence campus on November 5th at 9 am, 10 am, and 11 am in the Kansas Union Alderson Auditorium. To register for one of these workshops or to see other workshop locations, visit [here](#).

SEHP Open Enrollment



KU Benefits would like to thank everyone who attended our KU Open Enrollment Information Day on October 8th and who have submitted their Plan Year 2019 SEHP benefit elections.

As of October 22nd, there is a 54% completion rate. 46% of employees currently enrolled in medical plans have not yet completed Open Enrollment.

Please note ***even if you want to keep your current election***, due a decision by the State of Kansas Health Care Commission, you must complete Open Enrollment or your medical plan coverage will be defaulted to Plan N with a HRA for 2019. Open Enrollment ends **10/31/2018**. For more information and on-demand overview videos, please visit:

[**KU Open Enrollment Website**](#)

Health Transparency Tools

Members enrolled in medical coverage are able to shop and manage all of their health care on the website of their health plan.

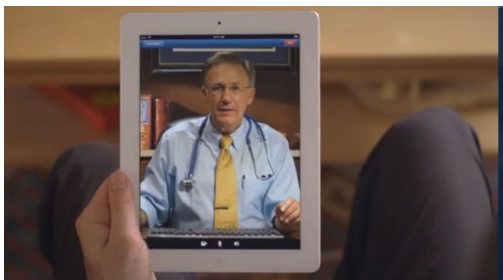


As medical costs can differ greatly between health care providers for the exact same service, compare estimated costs before you receive care with the **Member Payment Estimator**. Go to aetna.com > See **Coverage & Costs**



BCBS of Kansas members can go to the [BCBS website](#) to access the cost savings estimator tool. The provider finder and cost tool allow you to forget the guesswork and get cost information to make decisions about your health care. Don't forget to review the [Vitals SmartShopper program](#) to get cash rewards while shopping for certain medical care.

Telehealth



Members of both Blue Cross Blue Shield and Aetna Network have access 24 hours, 7 days a week to live visits with US board-certified doctors over their computer, tablet or phone.

- Medication can be prescribed during your online visit and picked up at your local pharmacy (when appropriate and where allowed)
- Simple payment with credit, debit or HSA/FSA cards
- Your visit is counted toward your out of pocket maximum

What is the cost?

For Plan A members, doctor visits are \$10

Did You Know?



Through the Employee Assistance Program, you have access to **EstateGuidance**, a user-friendly online tool that allows employees and their family members to write a last will and testament, a living will and a document outlining their wishes for final arrangements quickly, easily and cost effectively (\$14.99). **EstateGuidance** walks users through the entire process, guiding choices with a series of questions and breaking down each step into easy-to-understand terms. It is accessible anytime, anywhere via tablet, desktop or mobile app. For more info, please reference [this FAQ](#) and for complex estate planning goals or questions, please consult with an estate planning attorney.

To access, visit www.guidanceresources.com (company ID is SOKEAP), and click on "Discounts" and click on "Write your will today! Estate Guidance."

A reminder: the [Employee Assistance Program](#) is a benefit available at no cost to active benefits eligible employees of the State of Kansas, their family members living in the same household, or dependent children.

Optional Life Insurance Open Enrollment



Optional Life Insurance Open Enrollment ends October 31st.

For more information, please visit <http://humanresources.ku.edu/optional-life-open-enrollment>

For Plan C, J, N, and Q members, the cost per visit is \$40-49 per consultant unit. Other covered services (including Dietician, Behavioral Health and Psychiatry) at their respective costs.

For more information regarding telehealth, visit:

[BCBS](#) [Aetna](#)

Employee Discounts



[STAR - State Thanks & Recognition](#)

The Star Discount Program offers State of Kansas employees an opportunity to take advantage of product and service discounts offered by various vendors throughout the state.

For example, here is information about wireless discounts:

[AT&T](#) [Sprint](#) [T-Mobile](#) [Verizon](#)

To get STAR discount email updates, [sign up here](#). For discounts questions or comments, [click here](#).



[HealthQuest October 2018 Newsletter](#)

****[HealthQuest Wellness Rewards Portal](#)****

HealthQuest Support
1-888-275-1205 Option 3 (available 24/7)
Email: healthquest@cerner.com

If you have questions about the 2018 HealthQuest Program, please visit [KU HealthQuest Page](#)

It's National Retirement Security Week! (October 21 – October 27)



Make a small change and get double the benefits. Putting even a little more toward retirement can save you money on taxes and give you the benefit of compound interest. With compounding, you earn money on what you save and on any earnings. Given time, your money can really add up.

You can supplement your retirement savings with voluntary 403(b) and/or 457 deferred compensation retirement contributions. Roth after-tax and/or pre-tax options are available with both plans. For more information, visit [Voluntary Retirement Plans](#) or contact [one of the approved plan representatives](#).

Faculty and Staff Wellness Events



November's Move-N-Learn features the School of Engineering. On Wednesday, November 14th from 12:10-12:50 pm, tour Learned Engineering Expansion Phase 2 (LEEP2); Measurement, Materials and Sustainable Environment Center (M2SEC); Learned Hall; and Eaton Hall.

Registration is required. To register for this event or for more info, please visit <https://wellness.ku.edu/move-n-learns>.

(Questions? Please email wellness@ku.edu. Stay current on upcoming [KU Wellness](#) events – subscribe to their [mailing list](#))