

Fall 2020

VIRTUAL **Benefits Fair**

October 14, 2020
7:30 am - 2:30 pm



**This is Where
Healthy Begins**

www.gonzaga.edu/BenefitsFair



Attend our **VIRTUAL BENEFITS FAIR!**

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We encourage you to attend one or all webinars.

Online Webinar Schedule:

10:00am – 11:00am

Managing Income and Debt
TIAA (25 Points)

11:30am – 12:30pm

Student Loan Forgiveness Program
SAVI (25 Points)

12:45pm – 1:30pm

Building Resilience for Optimal Performance
SupportLinc (25 Points)

1:30pm – 2:00pm

Hinge Health (15 points)

2:00pm – 2:30pm

Hypertension
Livongo (15 Points)

2:30pm – 3:00pm

Getting Ready for Retirement, Paying Yourself
TIAA (25 Points)

3:00pm – 4:30pm

Medicare – What You Need to Know
SHIBA (25 Points)

Biometrics Screenings* (By appointment) Flu Shots** (Walk-in)

Oct. 13, 1:00 pm – 8:00 pm

Oct. 14, 7:30 am – 2:30 pm

Martin Centre

How to Schedule:

1. Visit benefits.gonzaga.edu
2. Enter your single-sign-on credentials
3. Click on Health Advocate
4. Click on "Complete your Health Screening" on the homepage To-Do List
5. On the "Choose a Health Screening Option" page, choose from the following options:
 - "I would like to schedule an appointment for an onsite screening event"
 - "I would prefer to download a form that my physician will complete"
 - "I need a lab voucher and to search for a lab location"

*(25 Points) **(15 Points)

Spouses are welcome. Pre-registration is encouraged.

Need more Zagfit points for 2020? Earn points by attending.

Where do you get care?

As a Gonzaga employee, you have choices on where you can get care. We know that emergencies happen and we have no choice but to spend hours in the ER. However, for the not so serious stuff, you can often choose where you get your care. Gonzaga's medical plan offers you free and low cost medical care services, so the next time you need care you have some great options!



Nurse Line
FREE



Telemedicine
\$10 copay



Physician's Office
\$25 copay*



Urgent Care
\$35 copay*



Emergency Room
Deductible/
Coinsurance*

*Office visit copay only. Deductible and coinsurance may apply depending upon services performed.

What's changing for 2021?

With so much change in 2020, it is a pleasure to announce that employees will not see any rate increase to our Gonzaga benefits in 2021. How is this possible when we are in a pandemic? It is simple, employees are using the great benefits that Gonzaga provides. Gonzaga has a "self-funded" medical plan that puts cost control in the hands of employees. When you are proactive in taking care of your health, for example by using benefits like SupportLinc, Livongo or OMADA, this can reduce significant costs in the future. Simply put, taking care of the little things before they become big problems, saves everyone money by keeping plan costs low. Keep up the GREAT job GU and try one of our new programs in 2021!

Tier	2020/2021 Premium Rate
Employee Only	\$41.00 per pay period
Employee + Spouse	\$152.00 per pay period
Employee + Child(ren)	\$113.00 per pay period
Employee + Family	\$226.00 per pay period

New this year!



SAVI – Do you have federal student loans?

Savi helps you to reduce your monthly student loan payments and to qualify for relief from the balance of your federal student loans by enrolling in the federal Public Service Loan Forgiveness (PSLF) program. Savi's software determines potential savings with an income-driven repayment plan and whether you qualify for a forgiveness program. If you are eligible for PSLF, the software can help you through the entire process to ensure you are in compliance with PSLF requirements. Savi's customer success team is available to help you along the way.

This program is available immediately for all employees.



Hinge Health – Do you have chronic back and joint pain?

Hinge Health provides a coach-led, digital program for chronic back and joint pain that is designed to fit into your busy schedule. The program provides exercise therapy with real-time feedback and tracking, behavior therapy with 1:1 health coaching and education with personalized curriculum. You are paired with a personal health coach who is with you every step of the way to make the program work for you.

Eligible employees and their spouses can enroll in this program starting on **January 1, 2021**.



Livongo – Do you have hypertension?

Livongo provides those with hypertension the tools to monitor your blood pressure and positively impact your numbers. You'll have a personal coach who offers real-time recommendations that are tailored to your unique health experience. This personalized approach focuses on your physical, mental and emotional health needs.

Eligible employees and their spouses can enroll in this program starting on **January 1, 2021**.



Physera – Do you have a muscle or joint concern?

Physera helps identify why you're in pain and provides techniques to support your recovery through on-demand therapy from the comfort of your home. You'll receive treatment from licensed physical therapists who can diagnose and treat nearly all musculoskeletal conditions. Throughout your program, you'll have access via video chat to same-day care, without extra equipment, from a physical therapist.

Eligible employees and their spouses can enroll in this program starting on **January 1, 2021**.

New ZagCheck Employee Self-Screening App

As part of our continuous improvement to our COVID-19 efforts, we launched an employee version of ZagCheck to improve your experience. Here are a few updates:

- You only need to complete the self-screening App when you are coming to campus. If you decide to come to campus during the day, don't forget to complete the screening App or inform your supervisor that you are symptom free.
- The 'stay home' screen has been updated to include additional information. Additional FAQs and updates have been added to help you determine your next steps.

You can find the latest ZagCheck updates at www.gonzaga.edu/zagon/zagcheck

10% Off Your Meal.



Excludes Alcohol

Valid Oct. 9-23, 2020

Must be present
to redeem.

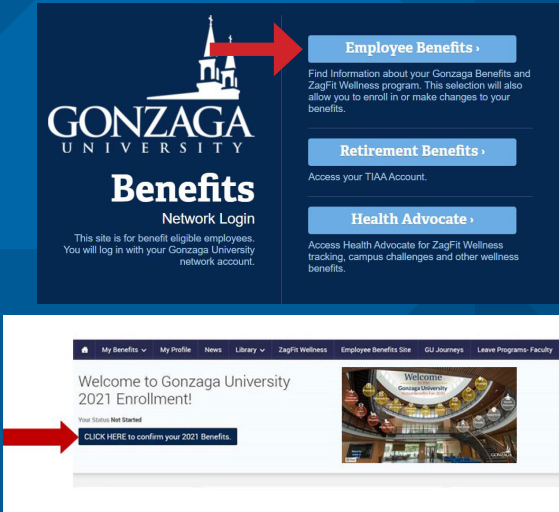
Annual Benefits Confirmation/Enrollment

Runs October 26 through November 9, 11:59 pm PST.

Annually we ask all employees to confirm their benefits, even if they do not intend to make any changes. This year, our Open Enrollment period will begin on October 26 and will close on November 9. For step-by-step instructions on how to complete your enrollment. Remember, employees must elect their Medical Flexible Spending Accounts and Dependent Care accounts annually. For more information about these tax savings programs, visit benefits.gonzaga.edu.

Need help?
Call Human
Resources at
313-5996
to schedule an
appointment.

Directions for your Benefit Confirmation and Enrollment:



1. Go to benefits.gonzaga.edu, and login with your GU credentials.
2. Select the **Employee Benefits** tab.
3. Select “**CLICK HERE to confirm your 2021 Benefits**”.
4. Navigate through the enrollment screens and make any changes to your elections.
5. You are finished once you receive a confirmation screen.

Benefit changes will be effective January 1, 2021.

We are still working to meet our goal of 50% of employees enrolled in electronic explanation of benefits (EOB) the end of 2020! In the last five years, by going paperless we have saved our plan over \$100,000! We are at 43.2% — if you have not yet enrolled please do so at the Premera website: www.premera.com.

1. Register or Login
2. Click “Go Paperless”

Annual Notices and Summary of Benefits Coverage (SBC's) can be found at benefits.gonzaga.edu.

Health Benefits:



Work-Life Balance Benefits:



Wellbeing Benefits:



Financial Benefits:

