October 2020

Dear Princeton University faculty, staff, and families,

First and foremost, thank you for your continued support and dedication to Princeton’s mission throughout this unprecedented time. Due to the COVID-19 pandemic, some of you may have experienced changes that could be helped by your Princeton University benefits and well-being resources. Since March, we have modified various benefits plans to respond to the impacts of COVID-19. Please review specific information at bit.ly/BenefitsDuringCovid19.

Notable changes for this year’s Open Enrollment period—Monday, October 26, through Friday, November 13—are:

- Reduced copayments for mental health visits in the HMO and Princeton Health Plans
- Dermatology services offered through Teladoc
- Fertility and family planning benefits provided through Kindbody

For more details, review the enclosed Open Enrollment guide and Benefits 2021 booklet or visit hr.princeton.edu/open-enrollment.

This is an opportune time for you to rediscover #YourPrincetonBenefits and well-being resources at bit.ly/ThriveWellbeing. Here are highlights of some helpful resources to access now:

Physical Well-Being

- **Health Advocate:** We upgraded the services to help families enrolled in a Princeton medical plan review their medical care for timeliness based on medical best practices. To access the information, contact Health Advocate at bit.ly/HealthAdvocateMembers, download the app, or call (866) 695-8622.

- **My Health Coach:** You and your family have access to dedicated individuals to help you reach your personal health goals, such as losing weight, changing your diet, and starting an exercise routine. If you have a health need, including managing a chronic condition, a health coach can help you succeed. View a short video to learn more at bit.ly/MyHealthCoachPrinceton and call (866) 237-0973 to get started. In addition, we encourage you to participate in the “Fortify in Fall” webinar series presented by the health coaches. For details, refer to our website at bit.ly/YourHealthThisFall.

Mental Well-Being

- **Employee Assistance Program (Carebridge):** You and your family have access to an objective experienced professional with expertise in people dynamics, needs, and behaviors. Whether you are working from home or going to work on campus, you may be experiencing challenges depending on your own circumstances. Just one phone discussion with a professional can help you cope and make the most of the situation. You can schedule up to eight calls per topic. Call (800) 437-0911 to talk with someone now.
In addition, we encourage you to participate in the “Mental Well-Being Webinar Series.” For details, refer to our website at bit.ly/EAPMentalWellbeingSeries.

Financial Well-Being

- **Isles:** You have access to experts in budgeting, saving, resolving credit debt, and accessing various assistance programs many people do not know exist. Call Isles at (609) 341-4714 to learn more and schedule an appointment.

- **CAPTRUST and TIAA:** Both firms are available to help you reach your retirement and other large savings goals, such as buying a home or putting a child through college. They have expertise in budgeting and investment planning to help you save through all stages and situations in life. Call CAPTRUST at (800) 967-9948 and TIAA at (800) 842-2776 for an appointment or view tools available online at captrustadvice.com or tiaa.org/princeton.

Virtual Benefits Fair

To learn more about all available benefits and resources, attend our Virtual Benefits Fair at hr.princeton.edu/benefits-fair from 9:00 a.m. to 3:00 p.m. on Wednesday and Thursday, November 4–5.

Support Sustainability at Princeton

While updating your 2021 benefit enrollment elections in HR Self Service, consider electing to go paperless for your benefits communications and for your annual W-2 statement in the Benefit Details and the Payroll sections, respectively.

During Open Enrollment, or at any time, call the Benefits Team at (609) 258-3302 or send an email to benefits@princeton.edu with your questions. One thing is certain, we are here for you.

Sincerely,

Linda Nilsen
Assistant Vice President for Human Resources