

Faculty and Staff

**2021 Benefits Enrollment is
October 14 – 30, 2020.**

**Smart
Choices**





Welcome, Faculty and Staff!

Dear Colleagues,

JHU's Annual Enrollment is here! It's your once-a-year opportunity to learn about the benefit programs the university offers and make smart choices for the coming year. This year, Annual Enrollment takes place from **October 14 through October 30, 2020**.

In 2020, many of us have been thinking more about our benefits, and taking steps to protect our health and our personal wellbeing. That's why it's a good reminder that JHU's benefits include programs and resources that go beyond typical health insurance, and are designed to support you in all aspects of your life.

As always, JHU strives to offer comprehensive and valuable benefits to faculty and staff to reinforce our tradition of excellence and help us to attract and retain outstanding talent. In this unprecedented time of the COVID-19 pandemic, it's important to take a closer look at your offerings. JHU is committed to providing benefits and resources to protect you and your family, such as expanded health care and telemedicine benefits, wellness and other support programs.

For 2021, we will continue to offer you the same choice of comprehensive medical options so you can choose the plan that best meets the needs of you and your family. To support you amid the challenges of the COVID-19 pandemic, we are holding employee health care contributions steady for 2021. Your share of the cost of your medical, dental and vision benefits will not change for 2021.

Please feel free to contact the Benefits Service Center at **410-516-2000** or email the Benefits team at benefits@jhu.edu if you have questions about your benefits or 2021 Annual Enrollment.

Here's to a healthy and happy 2021!

Heidi E. Conway
Vice President for Human Resources

What's Changing?

We encourage you to take the time to review your current coverage and take advantage of the enrollment resources available to help you make smart benefit choices this year.

Here's an overview of the changes you will see:

Benefit Costs Stay the Same	<ul style="list-style-type: none"> Despite rising health care costs and other financial challenges that universities are facing, your share of the cost for your medical, dental and vision benefits will not change for 2021.
A New Disability Insurance Administrator	<ul style="list-style-type: none"> Beginning January 1, 2021, Lincoln Financial Group will replace The Hartford as the disability insurance administrator. Your short-term and long-term disability coverage will remain the same and the university will continue to provide long-term disability coverage to you at no cost.
A New Network	<ul style="list-style-type: none"> Effective January 1, 2021, the network under the CareFirst BlueCross BlueShield (BCBS) Indemnity Plan and the High Deductible Health Plan (HDHP) will be modified to a combined CareFirst PPO/BlueChoice Advantage network. While members will still have access to the national PPO network, the enriched network will offer deeper discounts through network providers in MD/DC/VA, which in turn means lower out-of-pocket costs for participants. The PPO plan employee cost share for out-of-network services by a provider not participating in the plan networks will be higher (30%). Quest and LabCorp will remain-in network.
New I.D. Cards	<ul style="list-style-type: none"> As a result of our change to include the combined CareFirst PPO/BlueChoice Advantage network, all CareFirst members will receive new ID cards this year.
Infertility Benefit Updates	<ul style="list-style-type: none"> Effective January 1, 2021, the CareFirst and EHP plans will include some changes to the lifetime maximum benefit that applies to infertility services. Coverage for comprehensive infertility treatments such as AI and IUI, advanced services such as IVF, GIFT and ZIFT, and prescription drugs related to infertility treatment will be subject to a combined \$100,000 lifetime maximum. Note that the cycle limits will not change. If you or a covered dependent are undergoing infertility treatment and are mid cycle as of December 31, 2020, your current coverage will continue through the completion of the current cycle.
Health Care FSA	<ul style="list-style-type: none"> The Health Care FSA maximum employee contribution will increase (new contribution limit to be announced by the IRS this Fall). As a reminder, you must re-enroll in the Health Care FSA and the Dependent Care FSA each year. If you participate in the Health Care FSA for 2020 and have a remaining balance, up to \$550 will automatically roll over to your 2021 Health Care or Limited Purpose FSA.
HSA	<ul style="list-style-type: none"> If you are enrolled in the High Deductible Health Plan, the HSA maximum employee contribution will increase to \$3,600 per individual and up to \$7,200 per family. You must elect a new HSA contribution amount each year; otherwise, your HSA contribution will be set to \$0.
Child Care Voucher Program	Remember to apply (or reapply) for the Child Care Voucher program for 2021. You must have your prior year's tax statement to enroll.

As you make your 2021 benefit elections, we invite you to click on the United Way link in the enrollment site to elect your annual pledge. This annual campaign, in longstanding partnership with the United Way of Central Maryland, raises donations for nonprofit organizations working to improve the wellbeing of our neighbors.

2021 Annual Enrollment

Before choosing your benefit elections for this year, carefully review this guide and information available to you online at hr.jhu.edu/benefits-worklife. These resources will help you make informed choices. If you have questions about your benefits or how to enroll, you can contact the Benefits Service Center by phone, email, or mail.

Email: benefits@jhu.edu

Phone: **410-516-2000**

Address:

Benefits Service Center
Johns Hopkins University
1101 East 33rd Street, Suite D200
Baltimore, MD 21218

It's Time to Enroll for 2021 Benefits



October 14 through October 30, 2020 is your opportunity to make changes to your health and life benefits for 2021.

What Happens If I Don't Take Action?

This year, you are not required to take action to participate in most JHU benefits for 2021. However, you **MUST ENROLL** if you wish to:

- Participate in a Health Care FSA or Dependent Care FSA
- Contribute to the HSA
- Make changes to your current elections (e.g., change medical or dental plans, add coverage for a dependent)



Looking for more Annual Enrollment details?

- **Read the [HRNewsWire](#).** Learn about what's changing, access tips and tricks to make the most of your benefits, and more.
- **Attend Virtual Annual Enrollment Overview Town Halls.** Hear from the Benefits team and get answers to all of your Annual Enrollment questions at a virtual Town Hall meeting. View the [schedule](#) and mark your calendar to attend.
- **Access Annual Notices.** Legal notices are provided to inform you of your rights under Federal Law. For details, visit the Legal Notices [page](#).

Here is what will happen if you do not enroll for benefits during the 2021 Annual Enrollment period.

Medical	<p>You will keep your current coverage, at the same coverage level. If you currently waive coverage, then you will continue to waive coverage.</p> <p>If you newly waive coverage, you must upload the medical waiver form to the myChoices enrollment site.</p>
Dental	<p>You will keep your current Delta Dental coverage, at the same coverage level.</p>
Vision	<p>You will keep your current coverage, at the same coverage level.</p>
Flexible Spending Accounts	<p>No coverage; you must enroll each year to participate.</p>
Health Savings Account	<p>You must elect a new contribution amount each year; otherwise, your HSA contribution will be set to \$0. You can change your contribution amount at any time during the year.</p>
Life and AD&D Insurance for You	<p>You will keep your current coverage.</p>
Spouse and Child AD&D Insurance	<p>Your spouse/domestic partner or child will continue to receive a percentage of your benefit if currently covered.</p>
Dependent Life Insurance	<p>You will keep your current coverage.</p>
Short-Term and Long-Term Disability	<ul style="list-style-type: none">• You will keep your current coverage.• If you are receiving disability benefits as of December 31, 2020, those benefits will continue to be administered through the Hartford for the duration of your claim period.
Voluntary Benefits <ul style="list-style-type: none">• Legal Plan• MetLife Critical Illness Insurance• MetLife Accident Insurance• Choice Auto and Homeowner's Insurance	<p>You will keep your current coverage.</p>
Child Care Voucher Program	<p>You will not receive the Child Care Voucher amount.</p>

Your JHU Benefits

The chart below summarizes your health and welfare plans and the options available to you in 2021.

Benefits marked with a ✓ are fully paid by Johns Hopkins University.

Medical Plan (Includes prescription drug coverage through Express Scripts or Kaiser Permanente, depending on the plan you choose)	<ul style="list-style-type: none">• CareFirst BlueCross BlueShield PPO Plan• EHP Classic POS Plan• CareFirst BlueCross BlueShield High Deductible Health Plan (HDHP)• Kaiser Permanente Health Maintenance Organization (HMO)• BlueChoice HMO (for current participants only)
Dental Plan	<ul style="list-style-type: none">• Delta Dental Standard DPPO Plan• Delta Dental Enhanced with Orthodontia DPPO Plan
Vision Plan	<ul style="list-style-type: none">• EyeMed Vision Plan
Spending Accounts	<ul style="list-style-type: none">• Health Care Flexible Spending Account• Limited Purpose Flexible Spending Account (For HDHP participants only)• Dependent Care Flexible Spending Account• Health Savings Account (HSA) (For HDHP participants only)• Commuter Benefits
Life Insurance for You	<ul style="list-style-type: none">✓ Basic Life Insurance of \$10,000• Supplemental Life Insurance, up to eight times your annual base salary, to a maximum benefit of \$3,000,000 <p>Note: JHU pays the full cost of \$10,000 in Basic Life Insurance for you; if you select additional coverage, you pay the difference.</p>
Child Care Programs	<ul style="list-style-type: none">✓ Child Care Voucher Program✓ Child Care Scholarships to JHU Partner Centers



Voluntary Benefits can help you protect your wallet!

Visit hr.jhu.edu/benefits-worklife to enroll in legal, critical illness and accident insurance benefits for 2021. Click here to [learn more](#).

Visit jhuvoluntarybenefits.com to enroll in Homeowners & Auto insurance benefits for 2021. Click here to [learn more](#).

Accidental Death and Dismemberment Insurance for You	<ul style="list-style-type: none"> ✓ University-paid AD&D of \$10,000 • Supplemental AD&D, up to eight times your annual base salary, to a maximum benefit of \$3,000,000 <p>Note: JHU pays the full cost of \$10,000 in university-paid AD&D for you; if you select additional coverage, you pay the difference.</p>
Accidental Death and Dismemberment Insurance for Dependents	<p>Spouse/domestic partner and children: Your spouse/domestic partner would have 50% of your benefit amount, up to \$250,000, and your children would have 15% of your benefit amount, up to \$50,000</p> <p>Spouse/domestic partner only: Your spouse/domestic partner would have 60% of your benefit amount, up to \$250,000</p> <p>Children only: Your children would have 20% of your benefit amount, up to \$50,000</p>
Life Insurance for Dependents	<p>Option 1:</p> <ul style="list-style-type: none"> • For your spouse/domestic partner: \$4,000 • For your dependent child: \$2,000 per dependent <p>Option 2:</p> <ul style="list-style-type: none"> • For your spouse/domestic partner: \$10,000 • For your dependent child: \$5,000 per dependent
Disability Protection	<p>Short-Term Disability: 60% of your pre-disability base salary (to a maximum of \$2,500 per week)</p> <p>✓ Long-Term Disability: 60% of your pre-disability base salary (not to exceed \$10,000 monthly)</p>
Voluntary Benefits	<ul style="list-style-type: none"> • Legal Plan • Critical Illness Insurance • Accident Insurance • Choice Auto and Homeowner's Insurance

Coverage Levels

When you enroll, you'll choose your coverage level for medical, dental and vision coverage. Dependents may only be covered under the plan you elect for yourself.

The types of coverage available for medical and dental coverage are:

- Individual — faculty/staff member
- Adult and Child(ren) — faculty/staff member and one or more children
- 2 Adults — faculty/staff member and spouse or domestic partner*
- 2 Adults and Child(ren) — faculty/staff member, spouse, or domestic partner,* and one or more children

The types of coverage available for the vision plan are:

- Individual — faculty/staff member
- Individual and 1 Adult or 1 Child — faculty/staff member and one dependent
- Individual and 2 or More Dependents — faculty/staff member, spouse, or domestic partner,* and/or one or more children

*Must qualify for coverage under the [**Johns Hopkins University Domestic Partner Benefits Policy**](#).

Your 2021 Medical Plan Options

- CareFirst BlueCross BlueShield Plan PPO Plan
- EHP Classic POS Plan
- CareFirst BlueCross BlueShield High Deductible Health Plan (HDHP)

- Kaiser Permanente HMO
- BlueChoice HMO (current participants only)

If you choose to waive medical coverage, you will be eligible for the annual waiver credit of \$800 (if your salary is \$40,000 or less) or \$500 (if your salary is more than \$40,000).

As a reminder, the High Deductible Health Plan (HDHP) was first introduced last year to provide you with more choice about how you spend your health care dollars.

While the HDHP works much like a traditional medical plan, the ability to participate in a health savings account (HSA) makes it unique. If you choose the HDHP, you are eligible to participate in a special tax-advantaged HSA that allows you to set aside funds on a before-tax basis to help fund your out-of-pocket costs.

If you earn \$60,000 or less a year, JHU will add to your HSA. The amount of the annual contribution will depend on your pay band, as follows:

- <\$40K band: \$500 Single / \$1,000 Family;
- \$40,001-\$60K band: \$250 Single / \$500 Family.

Who's Eligible for the HSA?

To be eligible for an HSA, you must be enrolled in the HDHP, and you cannot be:

- Covered by other non-HDHP coverage
- Covered by Medicare
- Eligible to be claimed as a dependent on another's tax return
- Covered by a spouse's traditional Flexible Spending Account

Take Charge of Your Health!

All of the JHU medical options are designed to encourage you to be proactive about your health. Your annual check-up, immunizations and screenings are an important part of your overall wellbeing. They can help detect or prevent serious diseases and help you stay healthy.

Our medical plan options cover many in-network preventive care services at 100%, including dermatological screenings. That means no deductibles, coinsurance, copayments or annual limits. Be sure to take advantage of the preventive care benefits your plan offers. Your primary care provider can help you coordinate what tests and shots are right for you based on your age, gender and family history.

ALEX is Back!

In uncertain times, it's important for you to understand your benefits so you can make the right choices for yourself and your family. ALEX, our interactive decision support tool, acts as a virtual benefits counselor to help you learn more about your JHU benefit options, so you can choose what's best for you.

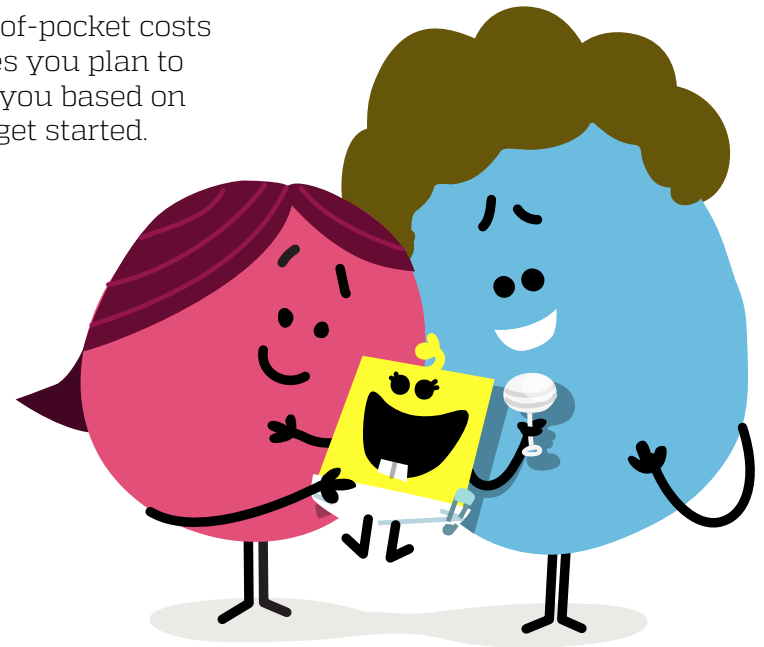
How to Prepare

Using ALEX is very simple. You won't have to dig through your insurance records, but if you'd like to prepare for the questions about your medical and dental needs, it helps to have an idea of:

- How many dependents you plan to cover
- Estimated number of visits to a doctor
- Estimated number of prescriptions
- Estimated amount of dental care

How Does ALEX Work?

By asking you a number of questions, ALEX estimates the total yearly out-of-pocket costs (a combination of your premium contributions and the costs for the services you plan to use) for each plan and recommends the one with the lowest overall cost to you based on your personal preferences. ALEX is easy to use — visit myalex.com/jhu to get started.



Comparing Your JHU Medical Options

Before you choose a medical option for 2021, it's important to understand how each plan works. All of the plans provide coverage for the same broad range of services, including preventive care covered in full and prescription drug coverage. The medical plans differ in the way you access and pay for care. Here's a summary of some key plan features:

JHU Medical Option	CareFirst BlueCross BlueShield PPO Plan	EHP Classic POS Plan	CareFirst HDHP	Kaiser Permanente HMO
Network of Providers	Allows you to go in-network or out-of-network every time you need care. You generally pay more for out-of-network care.	Allows you to go in-network or out-of-network every time you need care. You generally pay more for out-of-network care.	Allows you to go in-network or out-of-network every time you need care. You generally pay more for out-of-network care.	In-network care only. You select a primary care physician (PCP) who coordinates all of your care in the network.
How You Pay for Services	After the annual deductible has been met, you pay a percentage of the cost of the service received (called "coinsurance"). Once you reach the annual "out-of-pocket maximum," the Plan pays for covered expenses at 100% for remainder of year.			Most services require a flat co-payment amount at the time care is received.
Annual Deductible	<ul style="list-style-type: none"> • \$500 per person • \$1,500 per 3 or more persons 	<ul style="list-style-type: none"> • In-Network: \$250 per person/\$750 per 3 or more people • Out-of-Network: \$500 per person/\$1,500 per 3 or more people 	<ul style="list-style-type: none"> • In-Network: \$1,750 per person/\$3,500 per 2 or more people • Out-of-Network: \$3,500 per person/\$7,000 per 2 or more people 	N/A (copayment applies to most services)
Annual Out-of-Pocket Maximum	<ul style="list-style-type: none"> • \$2,000 per person • \$6,000 per 3 or more people 	<ul style="list-style-type: none"> • In-Network: \$2,000 per person/\$6,000 per 3 or more people • Out-of-Network: \$4,000 person/\$12,000 per 3 or more people 	<ul style="list-style-type: none"> • In-Network: \$3,500 per person/\$7,000 per 2 or more people • Out-of-Network: \$7,000 per person/\$14,000 per 2 or more people (Medical and Rx combined) 	<ul style="list-style-type: none"> • \$3,500 per person • \$9,400 per 3 or more persons (Medical and Rx combined)
Prescription Drug Costs	No deductible, copay/coinsurance per drug category	No deductible, copay/coinsurance per drug category	Meet deductible, then copay/coinsurance per drug category	Copay per drug category
Prescription Drug Out-of-Pocket Maximum	<ul style="list-style-type: none"> • \$2,000 per person • \$6,000 per 3 or more people 	<ul style="list-style-type: none"> • \$2,000 per person • \$6,000 per 3 or more people 	Combined with Medical out-of-pocket maximum	Combined with Medical out-of-pocket maximum
Access to Pre-Tax Spending Accounts	Eligible for Health Care FSA	Eligible for Health Care FSA	Eligible for Health Savings Account (HSA). JHU contributes to your HSA to help offset the higher deductible. Also eligible for Limited Purpose FSA (for eligible dental and vision care expenses only).	Eligible for Health Care FSA

View the [Medical Plan Coverage Comparison](#) for a side-by-side look at how health care services are covered under each plan.

For **CareFirst BCBS PPO Plan** out-of-network services, coinsurance will change from 80% after deductible to 70% after deductible for all medical services.

Spending Account Updates

Don't forget! You must re-enroll in the Health Care FSA and the Dependent Care FSA each year. If you currently participate in the Health Care FSA, up to \$550 of your remaining 2020 account balance will automatically roll over to your 2021 Health Care or Limited Purpose FSA with Discovery Benefits. The rollover amount will be deposited into your FSA before May 30 (after the April 30 deadline for 2020 claims). Any remaining funds over \$550 in your Health Care FSA as well as any remaining Dependent Care FSA balance will be forfeited.

For 2021, the Health Care FSA maximum employee contribution will increase (new contribution limit to be announced by the IRS this Fall).

If you previously elected the HDHP and chose to open an HSA, you must elect a new contribution amount for 2021. Otherwise, your contribution will be automatically set to \$0.

In 2021, you can contribute up to \$3,600 per individual and up to \$7,200 per family (including the JHU contribution) to the HSA.



For 2021, you will continue to make your monthly Commuter Benefit elections in the JHU Benefits & Worklife myChoices enrollment site at hr.jhu.edu/benefits-worklife. Transportation passes will be purchased online at discoverybenefits.com.



Pairing the HSA with the FSA

Reminder: Due to IRS rules, you cannot participate in the Health Care FSA if you elect an HDHP with an HSA. However, you can participate in a Limited Purpose FSA (LPFSA) offered exclusively for HDHP participants. The Limited Purpose FSA can be used for eligible dental and vision expenses only.

Note, if you are enrolling in the HDHP and currently participate in the Health Care FSA, you can roll over up to \$550 of your unused balance at year end to your Limited Purpose FSA.

Your Annual Dental Plan Checkup

Annual Enrollment is a good time to reconsider your dental options to be sure you enroll in the best plan for you and your family.

For 2021, your dental coverage options will include:

- \$ Delta Dental Standard DPPO Plan:** This lower-cost plan includes coverage for preventive/diagnostic services, with higher out-of-pocket costs for basic and major services and no orthodontia coverage.
- \$ \$ Delta Dental Enhanced with Orthodontia DPPO Plan:** This higher-cost plan includes enhanced basic and major services, as well as better orthodontia coverage.

Keep in mind that Orthodontia is only covered under the Enhanced DPPO Plan, so consider whether you or a dependent may need braces or other major or orthodontia care this year.

Need an expert opinion on which plan is the best fit for you?
Ask ALEX! Visit myalex.com/jhu to get started.



How the Dental Plans Compare

Things to Consider...	Delta Dental Standard DPPO Plan	Delta Dental Enhanced with Orthodontia DPPO Plan
Preventive Care	Plan covers 100% in-network, no deductible	Plan covers 100% in-network
Basic (plan pays)	70% after deductible	90% after deductible
Major/Implants (plan pays)	50% after deductible	60% after deductible
Orthodontia	No	Yes, 50% after deductible
Out-of-Network Benefits	Yes, but you'll pay less for in-network benefits	Yes, but you'll pay less for in-network benefits
Deductible Required*	Single: \$75 Family: \$150	Single: \$50 Family: \$100
Annual Benefit Maximum (excludes orthodontia)	\$1,000	\$2,000
Lifetime Maximum Benefit for Orthodontia (per covered member)	N/A	\$2,000

*A deductible is the amount of out-of-pocket expenses you must pay for health services before the plan pays. The deductible only applies to basic and major services; there is no deductible for preventive care.

To view dental providers:

- Go to www.deltadentalins.com/jhu or call **800-932-0783** from 8 a.m. to 8 p.m. ET, Monday through Friday.
- Click the **Find a Dentist** tool on the right. Enter a location (address, ZIP code, or city and state).
- Select the "Delta Dental PPO" or "Delta Dental Premier" network from the drop-down menu:
 - **Delta Dental PPO:** These dentists have agreed to reduced fees, so you won't get charged more than your expected share of the bill.
 - **Delta Dental Premier:** If you can't find a PPO dentist, Delta Dental Premier dentists offer the next best opportunity to save, as these dentists have agreed to set fees.
- For a more targeted search, you can enter the name of your dental office.

Though you may use any dentist, **you will generally pay less for in-network providers.** And remember, with Delta Dental, preventive care is covered at 100% when you use a Delta Dental provider.

Voluntary Benefits

Johns Hopkins University offers several Voluntary Insurance Benefits options. To learn more about these options, go to www.jhuvoluntarybenefits.com.

Auto/Homeowner's Insurance

Johns Hopkins University offers you the option to set up convenient payroll deductions to pay for your auto, homeowner's, or renter's insurance. In addition, you may be able to receive a special group discount on this insurance, or a discount based on your length of service at the university.

You do not need to wait until your current coverage renews to shop for new coverage — you can get a quote and apply for coverage anytime throughout the year.

Critical Illness Insurance

Critical Illness Insurance provides additional financial protection to you during treatment for illnesses such as cancer and Alzheimer's disease. You receive a lump-sum benefit to help you pay some of your additional expenses as you see fit, including copays and deductibles, as well as personal expenses such as mortgage payments and child care. You have three options for coverage:

- \$10,000
- \$15,000
- \$20,000

Accident Insurance

Accidents happen when you least expect it — and they can be costly. The voluntary Accident Insurance benefit helps prepare you financially in the event that you or a family member is injured or needs health treatment as the result of an accident. The plan can supplement your medical coverage by providing financial benefits to help pay for out-of-pocket health care expenses as you see fit, including copays and deductibles, as well as personal expenses such as mortgage payments and child care, or other expenses resulting from an accidental injury. You may choose between a low and a high option for coverage of:

- Sports-related accidental injuries
- Broken bones
- Burns
- Concussions
- Lacerations
- Back or knee injuries

Legal Plan

The Legal plan provides participants with unlimited access to nearly 11,000 attorneys nationwide at discounted rates. With this plan, you have access to telephone advice and in-office consultations regarding a wide range of personal legal services. Full representation is available for:

- Preparation of legal documents such as wills, trusts, powers of attorney, deeds and many more
- Purchase, sale and refinancing of primary residence
- Immigration assistance
- Debt collection defense
- And more

Additional Programs

Johns Hopkins University offers a number of programs and resources designed to support you in all aspects of your life. For more information, visit hr.jhu.edu/benefits-worklife.



Try telehealth.

Telehealth services offer a convenient way to get medical care for non-emergency needs and are covered at 100% for 2021. Each health plan has access to a telehealth app that allows you to get the care you need, when and where you need it. You can talk with a doctor by video on your smartphone, tablet, or computer. You can see a provider online if you need treatment for a common condition such as a sinus infection or a sore throat. For mental health, diet/nutrition, or breastfeeding support, you can schedule a virtual visit and meet with a licensed professional from the comfort of your home.

- **CareFirst Members:** Download the CareFirst Video Visit app and enter your insurance information from your CareFirst card.
- **EHP Members:** Starting in early 2021, EHP members will have access to an exclusive EHP telehealth app. Until then, EHP members can continue to use the CareFirst Video Visit app by entering the coupon code: JHU-COVID19. The code is valid for all video visit services until December 31, 2020. When you reach the insurance information section during registration, select “other/my insurance is not listed.” Following that step, you will have the opportunity to enter the coupon code.
- **Kaiser Members:** You must register with KP.org to get started using telehealth services.



Get help from mySupport.

Our mySupport program offers free, confidential emotional support, daily life assistance, and referrals to convenience services all in one place. Your first five in-person counseling sessions are free and won't require use of your insurance. Through mySupport, you and your family members can access:

- Mental health resources on race and racial discussions
- Coping & Thriving webinars for help navigating change
- COVID-19 resources and guides

You can reach mySupport 24/7, 365 days a year by phone at 443-997-7000 or online at resourcesforliving.com/login (username: JHU, password: JHU).



Healthy at Hopkins

Healthy at Hopkins helps you make a difference in your personal and financial health. If you're concerned about your personal health, Healthy at Hopkins gives you access to the following resources:

- A confidential survey, called a **health risk assessment**, can help you understand your current health risks and develop a plan for addressing them.
- **Wellness programs** (available at or near your workplace) can help you lose weight, reduce stress, or start exercising. There may be a small charge for some of these programs.
- **Care management programs** available through your medical plan provider can help you manage a chronic health condition, if you have one.

Healthy at Hopkins also offers tools and resources that help you improve your financial health:

- A wealth of financial education resources are available on the investment vendor websites.
- For help with the day-to-day issues of juggling work and family, take a look at what the Office of Benefits & Worklife has to offer. You can find information at hr.jhu.edu/benefits-worklife.

For more information about the many programs available through Healthy at Hopkins, visit the Benefits & Worklife website at hr.jhu.edu/benefits-worklife and select Wellness Programs from the top navigation bar.

How to Enroll

When you're ready to choose, [enroll online](#) between October 14 and October 30.

1 Have the following handy:

- Your JHED ID
- Social Security numbers and birthdates for your dependents (if applicable)
- Names and birthdates of your beneficiaries

2 Visit the JHU Benefits & Worklife website at hr.jhu.edu/benefits-worklife.

3 Click the myChoices Annual Enrollment tab to get started.

4 Confirm that your Health & Welfare elections, personal information, and beneficiaries are correct.

5 Click "I Accept" to verify your elections for 2021.

6 Once you have enrolled, you should **print** a copy of your confirmation statement for your records.

If you need help, or have additional questions, contact the Benefits Service Center at **410-516-2000**.



Designate a Beneficiary

Each year during Annual Enrollment, all employees should check their life insurance beneficiaries. You can update your beneficiary information on the [enrollment site](#).



Waiving Coverage?

If you are waiving medical coverage, and have completed a medical waiver form, you will be eligible for the annual waiver credit of \$800 (if your salary is \$40,000 or less) or \$500 (if your salary is more than \$40,000). You need to supply a new form only if you are waiving coverage for the first time.

Tools and Resources



If you enroll in a JHU health plan, be sure to take advantage of these helpful tools!

- **Visit [Benefits & Worklife](#)** in October to see an overview of what's offered at enrollment and to learn more about all plan changes and in particular the new HDHP and HSA.
 - **View the [Medical Plan Comparison](#)** to get a side-by-side look at how health care services are covered under each plan.
 - **Ask [ALEX!](#)** This new, interactive decision support tool acts as an informative, virtual benefits counselor to help you learn more about your JHU benefit options, so you can choose what's best for you.
 - **Explore** your Voluntary Benefits choices via jhuvoluntarybenefits.com.
- In addition to JHU-provided tools, our benefits providers also offer resources to help you maximize your benefits.
- **CareFirst app:** If you're enrolled in a CareFirst plan, download CareFirst Mobile to access personalized medical plan information anytime, anywhere. To download the app to your device, visit the [App Store](#) or [Google Play](#).
 - **EHP Classic tools:** If you're enrolled in the EHP Classic plan, access a variety of interactive tools, calculators, and quizzes through the [Health Library](#).
 - **Kaiser Permanente app:** If you're enrolled in a Kaiser plan, download the Kaiser Permanente app to contact your doctor, schedule and view appointments, refill prescriptions, and access medical records. To download the app to your device, visit the [App Store](#) or [Google Play](#).
 - **Delta Dental app:** Whether you want to schedule an appointment with your dentist, check insurance information, or find easy access to dental tools, the Delta Dental app offers you access to dental insurance on the go. To download the app to your device, visit the [App Store](#) or [Google Play](#).
 - **Smile Way (Delta Dental):** With this dental wellness portal, you'll find dental tips for getting prepped for the school year, teeth-friendly tasty recipes, how to get your teeth ready for vacation and more. Visit [Smile Way](#) today!
 - **EyeMed app:** The EyeMed mobile app makes it simple to access the vision benefit details you need — when and where you need them. With the EyeMed app, you can search for providers, set reminders for upcoming appointments, get turn-by-turn directions to your vision care provider, access your member ID card, and more. To download the app to your device, visit the [App Store](#) or [Google Play](#).
 - **Discovery Benefits app:** The Discovery Benefits mobile app provides convenient, real-time access to all your FSA, HSA and commuter accounts in one spot. This makes it easy to use your hard-earned dollars and view recent account activity without ever needing to call in. To download the app to your device, visit the [App Store](#) or [Google Play](#).

The university has made every effort to ensure that this toolkit accurately reflects the plan documents and contracts. If there is a discrepancy between this toolkit and those documents or contracts, the documents, summary plan descriptions, or contracts will take precedence.