

2018 Open Enrollment

BEGINS: Tuesday, May 8, 2018, at 7:00 a.m. CST

ENDS: Tuesday, May 22, 2018, at 5:00 p.m. CST

During Open Enrollment, all eligible State of Nebraska employees have the opportunity to elect or change benefit plans. To prepare for this annual event, you should review your current benefit elections along with your current and anticipated future benefit needs.

The choices you make during Open Enrollment take effect on July 1, 2018, and remain in effect until June 30, 2019. You can make limited changes at other times during the year only as a result of a qualifying event as defined by the IRS. Detailed information regarding the state's changes can be found on the Employee Benefits website at www.link.nebraska.gov under Wellness & Benefits Resources.

the state's health plan. You will have 30 days to send Aon the requested documentation. Examples include a certified birth certificate or marriage certificate.

Failure to respond and provide the requested documentation by the stated deadline will result in loss of coverage for your new dependent(s).

Employee Work Center (EWC)



Complete your Open Enrollment in the EWC found at www.link.nebraska.gov. Using the EWC, you will elect, view and make changes to your benefit plan choices.

Open Enrollment 2018

If you are currently enrolled in benefits for 2017-2018 all of your current elections will be pre-populated for you EXCEPT medical and dependent care FSA or HSA deductions. You must manually adjust those dollar amounts. **Please log in to verify your benefits, update your contact info and print your confirmation page for Open Enrollment**

If you failed to qualify for the Wellness Incentive, you must select an alternate plan. Your WellNebraska Plan with incentive will end as of 6/30/18 and you will be left with no coverage for 2018-2019.

Update Important Information

This is the ideal time to confirm and update important information such as addresses, emergency contacts, and dependent information. Keeping personal information up to date will help ensure you are receiving communications from the State of Nebraska and benefit vendors.

Open Enrollment is also a good time to review your beneficiary elections for the life and AD&D insurance plans. Any amount for which a beneficiary is not named will be paid to your estate. If you elect coverage for your spouse or dependent children, you are automatically their beneficiary.

If Adding a Spouse or Child(ren) to Health Insurance

If adding dependents, you will need social security numbers and dates of birth for dependents enrolled in a group health plan.

Dependent Eligibility Verification Process

Around July 1st, you will receive a letter from Aon Hewitt requesting documentation to verify that your newly added dependent(s) meet the definition of an eligible dependent on

Open Enrollment To-Do List

<input checked="" type="checkbox"/> Health, Dental, and Vision Insurance	Coverage continues - Review current coverage and make any changes
<input checked="" type="checkbox"/> FSA Healthcare	Select or waive your annual contributions
<input checked="" type="checkbox"/> FSA Dependent Care	Select or waive your annual contributions
<input checked="" type="checkbox"/> Health Savings Account	Select or waive your contribution amounts if you elect the Consumer Focused Health Plan
<input checked="" type="checkbox"/> Employee Supplemental Life Insurance	Increase coverage by one increment ONLY if currently enrolled - No Evidence of Insurability (EOI) required
<input checked="" type="checkbox"/> Dependent Supplemental Life Insurance	Coverage continues - Review current coverage and make any changes. Evidence of Insurability (EOI) will be required for a spouse not currently covered
<input checked="" type="checkbox"/> Long Term Disability	Coverage continues - Review current coverage and make any changes. Contact HR to increase or decrease.
<input checked="" type="checkbox"/> AD&D Insurance	Coverage Continues - Review current coverage and make any changes.
<input checked="" type="checkbox"/> Electronic W2	Sign up to receive electronic W2
<input checked="" type="checkbox"/> Electronic 1095-C	Sign up to receive electronic 1095-C form
<input checked="" type="checkbox"/> Verify Address	Confirm or edit address
<input checked="" type="checkbox"/> Verify Beneficiaries	Confirm or edit beneficiaries

Wellness Programs from UnitedHealthcare



RallySM

Achieving our health goals is a journey, and sometimes it's not easy. That's why we are thrilled to introduce RallySM, a UnitedHealthcare® digital health and wellness experience.

Rally can help you make simple changes to your daily routine, set smart goals and stay on target. After completing a quick and fun survey, you'll get personalized recommendations to get you moving more, eating better, feeling happier – and you'll have fun doing it.

As a member of UnitedHealthcare, you have access to Rally at no additional cost.

How Rally can help you:

Discover your Rally Age – a way for you to measure your health

- Get personalized health tips
- Earn chances to win rewards for taking healthy actions
- Get full access to your personal health records

Enjoy all the benefits of Rally today. Get started at myuhc.com.

Real Appeal

Effective April 1, 2018, your UnitedHealthcare medical plan option will offer a new benefit: Real Appeal. Real Appeal is an online weight loss and healthy lifestyle program based on the science of what really works to help people lose weight and keep it off. It is available at no cost to all eligible State of Nebraska teammates and their family members age 18 and older who are enrolled in State of Nebraska medical coverage through United-

Healthcare.

Real Appeal helps you lose weight and reduce your risk of developing certain diseases like diabetes and cardiovascular disease as it's based on decades of proven clinical research. Most members lose an average of 10 pounds after completing only four sessions of the program. Enrollment in the program includes:

- 52 weeks of access to a Transformation Coach. Your coach guides you through the program and develops a simple, customized plan that fits your needs, preferences and goals.
- 24/7 access to digital tools and dashboards that help you track your food, activity, and weight.

A success kit full of healthy weight management tools including fitness guides, recipe book (including quick family meal ideas and fast-food eating tips), weight scale, and more.



- Support from weekly online group classes to learn healthy ideas from your coach and other members who share what's helped them achieve success.

Real Appeal is a fun and engaging program that helps you learn simple steps for a healthier life so you can spark your transformation. Learn more and enroll today at: nebraska.realappeal.com.

For customer service questions please call 844-344-REAL (7325) or email help@realappeal.com.

What is allowed during work hours?

Submitting activities is allowed on a State computer, but is to be done on personal time (lunch time or break). Participation is in no way to be considered part of or arising out of employment for the purposes of workers' compensation or for any other purpose.

The following items are allowed for participation during work hours:

Open Enrollment

Health assessment

Email or call Real Appeal using your work e-mail or phone

(not for coaching or weekly sessions)

If in doubt, refer to your personnel policy, or ask your supervisor.