



**NYSNA
Benefits Fund**

**2017
Valuable
Extras
For You**

Vaulable Extras From Aetna

Aetna offers discounts on healthcare and lifestyle goods and services. An updated list of these money savers may be found on the Aetna Navigator at www.aetna.com. Enjoy savings on:

- Acupuncture, chiropractic, and massage therapy
- Books and DVDs with tips on healthy living
- Dental products
- Eye care products and services
- Hearing aids and exams
- Weight-loss programs
- Home blood pressure monitor
- Online provider consultations
- Gym memberships and home fitness and nutrition products
- Over-the-counter vitamins and supplements
- And more!

Valuable Extras From The Hartford Beneficiary Assist

The Hartford's Beneficiary Assist Counseling Service provides you and your eligible beneficiaries financial information and resources, legal support, and beneficiary assist counseling services as you cope with the loss of a loved one. Beneficiary Assist handles a spectrum of emotional needs after the loss of a loved one with compassion and expertise through ComPsych guidance experts. Certified public accountants are on hand to provide financial information and resources when it comes to managing a budget, tax questions, estate closure, and getting out of debt. ComPsych Network's of professionals can help you with estate and probate, debt and bankruptcy, real estate transactions, and family law.

Reach out. Find out more about The Beneficiary Assist Counseling Service by calling (800) 411-7239 or visit The Hartford's Web site at thehartford.com/employee-benefits.

Travel Assistance and ID Theft Assistance Protection Services

Even the best planned trips can be full of surprises leaving you vulnerable and, possibly, unable to communicate your needs. Travel assistance, including pre-trip information, emergency medical assistance, and emergency personal services, are available through The Hartford's free Travel Assistance Program. Call before your trip to learn about visa and passport requirements, inoculations and immunization requirements and foreign exchange rates. During your trip you can get help with emergency travel arrangements, emergency cash advances, help locating lost items and bail advancement to name a few. Contact Worldwide Assistance Services at (800) 243-6108 and use ID number GLD-09012.

Identity theft is America's fastest growing crime. The Hartford's Europ Assistance USA helps protect you and your family from it's consequences 24/7, both at home and when you travel. With Hartford you are protected with identity theft prevention, and detection services; resolution, guidance and assistance; and personal service. For a more detailed description of the services please visit thehartford.com/employee-benefits.

Benefits from the Benefits Fund

Valuable Extras From Oxford



Gym Reimbursement

Oxford's Gym Reimbursement program has undergone some changes – and has a new name. This popular benefit, now called Oxford's Sweat Equity Program, offers participants more options for reimbursement after working out.

The new Oxford Sweat Equity Program was developed with your busy and diverse lifestyle in mind. Instead of earning reimbursement for working out only in fitness facilities promoting cardiovascular wellness, participants can now earn reimbursement for participating in classes ranging from aerobics, Pilates, and yoga, to boot camps and weight resistance training. Individuals can even combine programs from a variety of different facilities and fitness classes to reach the required 50 visits and/or classes needed in each six-month period to receive the maximum \$200 reimbursement value.

What hasn't changed is that you must be an active participant, visiting the gym or attending exercise classes – or a combination of both – at least 50 times within a six month period. The reimbursement period begins the day of your first class and ends six months after that first visit. A new reimbursement period will begin one day after your first reimbursement period ends.

Reimbursement forms can be found by going to www.rnbenefits.org and clicking on the Benefits Forms page.

More Extras From Oxford

Disease Management

Oxford provides a host of voluntary disease management programs designed to help participants with chronic conditions better understand their illness and better manage it with the help of their doctors. Some of these programs include:

- Active Care Engagement Program is a health management program designed specifically for high-risk individuals with heart failure, coronary artery disease, or diabetes.
- Oxford also offers a Cancer Support Program, which provides case management services to participants with cancer, who are at least 18 years old, do not have acute leukemia, and are currently in active treatment.
- If you or a loved one suffer from asthma, you may be interested in Oxford's Better Breathing Program which, along with educational resources, also provides supplies like spacers and peak flow meters at no charge.
- The Heart Smart Program helps participants with cardiovascular disease and congestive heart failure understand and improve their health and quality of life.
- Additional programs offered by Oxford are: COPD Program - Depression Program - Living With Diabetes - and more.

For additional information on these programs and more, log on to www.oxford-health.com and click on the "Tools & Resources" tab in the menu bar at the top of the page. Then, click the link for "Healthy Bonus Member Discounts."

Healthy Bonus values...

Extra values from UnitedHealthCare include the Healthy Bonus Program, which offers free and discounted magazine subscriptions, discounts in stores like Brookstone, GreenMarket.com and National Allergy Supply, to name a few. You can also take advantage of discounts on books including, *Pickles and Ice Cream*; *A Father's Guide to Pregnancy* and more. The Healthy Bonus program is just one more example of Oxford's ongoing commitment to helping participants keep their mind, body and spirit healthy - and saving them some money in the process.

Smoking Cessation

Oxford's five-level Online Health Coach Program: Smoking Cessation may be tailored to your individual smoking habits and needs. After setting a "Quit Date," you'll receive a step-by-step approach to kicking your habit, as well as quitting tips and access to additional interactive tools for keeping you on track to your Quit Date. Go to www.oxfordhealth.com.

Here's just a few of the program features:

- Quit Date Selection Tool to monitor your progress
- Tobacco Tracker
- Cost of Smoking Calculator
- Smoking Body Tools
- Tobacco Cessation Diary
- Motivational support assists you in achieving your goals