

BENEFITS

CURRENTLY HAVE AN HCFSFA OR DCFSFA?

If you are currently enrolled in a Healthcare Flexible Spending Account (HCFSFA) or Dependent Care Flexible Spending Account (DCFSFA)

You will be able to incur expenses until June 15th, 2024, and will have until June 30th, 2024, to file any unclaimed expenses.



Did you know that 8 out of 10 people identify money as a significant source of stress in their lives?

Whether you're thinking of buying a home, investing for retirement, increasing your savings, improving your credit score, or planning a vacation, you'll find the tools and advice to make it happen by utilizing **NSU MONEY MATTERS ESSENTIALS**, a new financial confidence program for all employees.

[Click here for more information](#)

WELLNESS



Hinge Health

Start the new year off right by conquering your pain and limited movement with Hinge Health. A benefit to employees enrolled in the medical plan and who qualify for the free program.

Pain relief, plain and simple!

Start your digital exercise therapy program today which targets back, muscle or joint pain. No commutes. No waiting rooms. Just pain relief.



A personalized program!

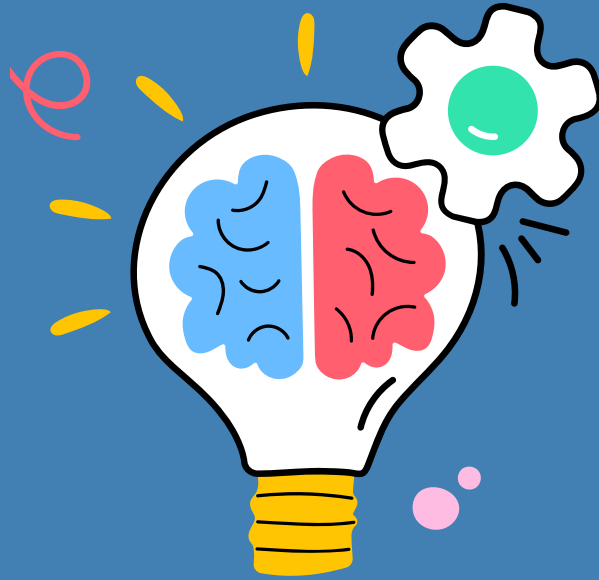
Get unlimited exercises and stretches developed for you by physical therapists. Reduce your pain with a plan that's personalized for your needs, goals, and ability.

Dedicated physical therapist, coach, and more!

Get unlimited exercises and stretches developed for you by physical therapists. Reduce your pain with a plan that's personalized for your needs, goals, and ability.



To see if you qualify go to
<https://www.hingehealth.com/refer/icuba>
and click join program.



Employee Wellness Seminar with ICUBA: Prospective Retirees Age 65 and Older

**AmWINS Medicare Supplemental Presentation
March 14, 2024 @ 12:00 PM**



For wellness related questions, please contact our Senior Benefits Administrator, Employee Wellness Ronenia Jenkins at rjenkins@nova.edu

RETIREMENT

As a participant in the NSU retirement plans, you have access to personalized advice on the NSU retirement plans' investment options from both CAPTRUST and TIAA.

CAPTRUST

800-967-9948

CAPTRUSTADVICE.COM/SCHEDULER

TIAA

800-732-8353

TIAA.ORG/SCHEDULENOW



[Click here for more information](#)

**TIAA Webinars
January - February - March**



As the new year begins, this would be a good time to review your beneficiaries. To review or make updates go to TIAA.ORG/NSU

2024 RETIREMENT PLAN CONTRIBUTION LIMITS

NSU 401(k) PLAN

NSU 401(K) PLAN	CALENDAR YEAR 2024 CONTRIBUTION LIMITS
Employee Limit (under age 50)	\$23,000
Employee Limit (age 50 and up)	\$30,500
NSU Employer Contribution Limit	\$34,500

GRANDE OAKS 401(k) PLAN

GRANDE OAKS 401(K) PLAN	CALENDAR YEAR 2024 CONTRIBUTION LIMIT
Employee Limit (under age 50)	\$23,000
Employee Limit (age 50 and up)	\$30,500
NSU Employer Contribution Limit	\$27,600

PUERTO RICO 401(k) PLAN

NSU PUERTO RICO 401(K) PLAN	CALENDAR YEARS 2023 & 2024 CONTRIBUTION LIMITS
Employee Limit (under age 50)	\$15,000
Employee Limit (age 50 and up)	\$16,500
NSU Employer Contribution Limit	\$34,500

NSU 457(b) PLAN

NSU 457(b) PLAN	CALENDAR YEAR 2024 CONTRIBUTION LIMITS
Employee Limit	\$23,000

Women's History Month



To commemorate Women's History Month, CAPTRUST is hosting a live webinar focused on addressing the fundamental challenges faced by women investors.

Women In Investing Webinar
Join us on March 21, 2024 @ 12:00 PM ET



For retirement related questions, please contact our Senior Retirement Plan Administrator ,
Douglas Pachay at dpachay@nova.edu or ohr-retirement@nova.edu

The Office of Human Resources

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