



# THE DEEP DIVE

Benefits, Wellness, & Retirement Newsletter

The Office Of Human Resources

Fall 2024

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- BANK OF AMERICA - \$300 CASH OFFER FOR NSU EMPLOYEES
- RESOURCES FOR LIVING FOR THOSE AFFECTED BY HURRICANE MILTON
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# BENEFITS

## Employee Assistance Program



Hurricanes and tropical storms can disrupt your daily life and test your coping skills.

The recent hurricanes that hit Florida, Helene and Milton, left an aftermath of destruction, stress and uncertainty for a lot of people.

The Employee Assistance Program (EAP) is a benefit for ALL NSU employees and dependents which provides tools, resources, and confidential free professional counseling to cope during hard times.

Access services online at [www.resourcesforliving.com](http://www.resourcesforliving.com) or by phone at 877-398-5816 (press option 1 for EAP services).

The Employee Assistance Program username is **ICUBA** and the password is **8773985816**.



# \$300 Cash Bonus offer

Bank of America is offering new checking customers a \$300 cash offer. Start by opening a new eligible checking account today.

To get started with this offer, open a new eligible Bank of America personal checking account **by January 31, 2025**, and set up qualifying direct deposits. Bank of America Advantage SafeBalance Banking<sup>®</sup> for Family Banking accounts are **not eligible** for this offer.

Remember, Nova Southeastern University faculty and staff with direct deposit also can enroll for banking benefits from Bank of America as part of the Banking and Investing Program.

New checking customers

**\$300**

cash offer

Visit [go.bofa.com/13441\\_NS](https://go.bofa.com/13441_NS) for full program details. To learn more about the offer, scan the QR code below.



Scan here for \$300 offer details.

Or visit [go.bofa.com/ebi300bonus](https://go.bofa.com/ebi300bonus)



## Resources *for Living*<sup>®</sup>

### Dealing with the impact of a hurricane

#### Here are some tips to consider:

- Focus on meeting your basic needs — food, clothing and shelter — first.
- Check with experts before returning home or going into damaged areas.
- Make a list of resources that can help you with what you need.
- Make a to-do list and try to keep a routine. This can help reduce stress and give you a sense of control.
- Take care of yourself. Times like these can take a toll on your health. If possible, try to eat well and get plenty of sleep.

#### We're here to help

We can help you find local resources and emotional support. Our staff has experience supporting those who've been through a traumatic event. And our services are free and confidential.



## Easing your stress

Here are some ways you can lower your stress after a disaster:

- Limit the time you spend watching media coverage of the event.
- Talk with someone about your feelings even though it may be tough.
- Seek help from a counselor who can help you work through your reactions.
- Try not to blame yourself for what happened or feel badly if you can't help with the rescue work.
- Eat healthy, get enough rest and exercise, relax and/or meditate.
- Limit demanding tasks but keep up your routine as best you can.
- Spend time with family and friends.
- Join in memorials.
- Ask for support from family, friends, community groups or religious organizations.

You can call us 24/7 for help getting back on track after a disaster.

**1(877) 398-5816**

**ResourcesforLiving.com**

**Username: ICUBA**

**Password: 8773985816**



## Wellness Virtual Seminars for Fall



The Office of Human Resources is pleased to offer wellness seminars for the month of October.

We will host 3 seminars by NSU Faculty and Students from Dr. Pallavi Patel College of Health Care Sciences.

\$10 in Strive incentives will be offered to employees, spouses and/or domestic partners covered under the NSU medical plan for attending each session.



### **Diabetes Prevention and Management**

**October 17, 2024 @ 12:10pm**



### **Diabetes and Healthy Eating**

**October 30, 2024 @ 12:10pm**



### **Pancreatic Cancer ... What You Need to Know**

**November 14, 2024 @ 12:00pm**

To learn more about the Strive program please click [here](#).



## **FLU VACCINE**

The Office of Human Resources is pleased to collaborate with the NSU Pharmacy and ICUBA to provide **free seasonal flu shots to all faculty and staff enrolled in an ICUBA medical plan.**

### **NSUhealth Pharmacy Walk-Ins or Appointments**

#### **NSUhealth Pharmacy**

3200 S. University Dr.  
Ft. Lauderdale, FL. 33328

#### **Hours of Vaccine Administration:**

Mon - Fri  
from 9:30am to 5:00pm

#### **Hours of Operation:**

Mon – Fri: 9am – 6pm  
Sat 9am – 1pm

For more information or appointments call **954-262-4550**

You will need to bring the following:

1. VAR form.
2. Your BCBS Medical ID card. If you have a different insurance, we process and accept most major insurances.



# RETIREMENT

## DID YOU KNOW?

Employees who have experienced a hardship due to Hurricanes Helene or Milton, have an option to take out a **loan or withdraw funds from their NSU retirement plans.**

It is important to note that all types of withdrawals and loans are subject to plan rules and eligibility. To request for a withdrawal or a loan please contact **TIAA at 800-842-2776**



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## OCT - NOV - DEC FINANCIAL WEBINARS

TIAA - CAPTRUST - BANK OF AMERICA

[Click here for date, times and enrolling information](#)



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**NSU**  
Florida