



On this Edition ...

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BENEFITS



2026-27 BENEFITS PLAN YEAR STARTS APRIL 1ST

HCFSA and DCFSA limits has increased to **\$3,400** and **\$7,500** accordingly.

Deductible Resets to:

Preferred PPO - **\$3,000 Individual/\$6,000 Family**

High Deductible - **\$4,500 Individual/\$9,000 Family**

Out-of-pocket Max Resets to:

Preferred PPO - **\$7,400 Individual/\$14,800 Family**

High Deductible - **\$8,600 Individual/\$17,200 Family**

\$0 Preventative Screening for:

- Annual Wellness Exams
- Colonoscopies (routine/diagnostics)
- Mammograms (routine/diagnostics)
- Breast Ultrasounds
- Bone Mineral Density tests

For the 2025 plan year, you can incur expenses on your HCFSA or DCFSA through **June 15th 2026**. However, the last day to file claims is **June 30th 2026**.

[Preferred PPO
Plan Summary](#)

[High Deductible
Plan Summary](#)



BENEFITS

Do You Have a Domestic Partner?

Thinking about adding your domestic partner to your NSU benefits? Here's what you need to know: it's required by law that we have the following documents:

- **Domestic Partnership Agreement from the county**
- **Yearly Tax Verification Form**

Employees with a domestic partner on file, will receive an email in April with instructions on submitting the yearly Tax Verification Form

Contact loa@nova.edu for questions.



Lantern benefit through BCBS connects you with licensed and board certified **doctors and facilities for select non-emergency procedures.**

Why use Lantern?

- Deductible and coinsurance waived - **NO COST TO YOU**
- Personal support from a dedicated team
- Travel benefits are included (if applicable)

Contact 855-200-2119 for more information



BENEFITS

Bank of America



Save The Date!

LEARN MORE ABOUT THE BANKING AND INVESTING PROGRAM

Click on the desired time to register

APRIL 7, 2026 | 12PM Est or 5PM Est

As an NSU employee, you are eligible for new banking benefits from Bank of America and access to investment products from Merrill.

Unlock a World of Financial Benefits

- Banking Services: No fees on select everyday banking services.
- Deposits: No monthly maintenance fees on up to four eligible checking and four savings accounts.
- Credit Card: 25% rewards bonus on purchases with an eligible Bank of America credit card.
- Savings: 5% interest rate booster on a Bank of America Advantage Savings account.
- Mortgage: \$200 reduced origination fee on a new purchase or refinance mortgage.
- And more...



WELLNESS



The Office of Human Resources employee wellness is elated to partner up with the Florida Mobile Mammography for the third year as we host our **3D Mammogram Day!**

APRIL 22 - 24, 2026
8:00 am TO 3:00 pm
Main Campus
in the circle near Alvin Sherman Library

Things to know before signing up

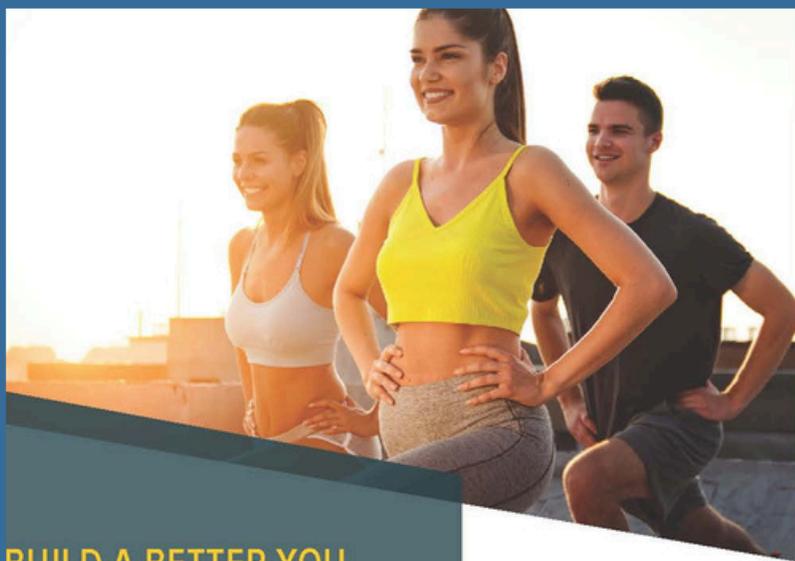
- Mammograms are covered 100%. Only routine exams can be completed for this service.
- Patients **MUST** have a current physician that we can send the report to.
- Female patients 40+ and 35-39 if it's your 1st baseline mammogram you do not need a script.
- Patients 30-34 will need a script.
- The results are read by a Breast Fellowship Board Certified Radiologist
- You must be able to ascend and descend 3 steps as well as stand for 10 minutes without assistance.
- Annual preventative screening mammograms are for women **WITHOUT** current breast problems. If you currently have concerns regarding your breast health (i.e. a lump you can feel, nipple discharge, pain, dimpling of breasts or nipple changes) please contact your physician immediately.

There are 31 slots per day, so don't delay booking your appointment

**Search by event name "NSU" at [Florida Mobile Mammography](#)
or via Phone at 1-800-320-3602**



WELLNESS



PERSONIFY HEALTH WELL-BEING PROGRAM

April 1, 2026 – March 31, 2027



BUILD A BETTER YOU

Personify Health helps you live better and achieve your health goals with a fun and engaging experience that delivers powerful resources right to your fingertips.

GETTING STARTED IS EASY

- Log in to your My Health Toolkit® account at www.myhealthtoolkitfl.com and select **Wellness & Care Management**, then **Personify Health** to enroll in your account.
- Accept the terms and conditions.
- Once your account is set up, you'll begin with a short, confidential survey called the **Personal Health Assessment**.
- After creating an account through My Health Toolkit, download the mobile app by searching "**Personify Health**" in the App Store or Google Play.



PERSONALIZE YOUR EXPERIENCE

- Set your interests to get personalized well-being tips
- Choose your email preferences
- Connect an activity tracker
- Select the **More** icon to personalize your experience
- Upload a profile picture and add friends

Personify Health is an independent company that provides a digital health and well-being platform on behalf of your health plan.

GETTING STARTED

You're registered and signed in — now what? Begin by completing program activities and building healthier habits one day at a time. Here are a few options to help you get started.

Personal Health Assessment

The Personal Health Assessment asks questions about your current health status and well-being habits. Once completed, your responses will be analyzed to generate a health score, show your health risks and provide practical tips to help you improve. Complete the assessment by visiting **Surveys** under the **Health** tab.

Pillars and Topics

Looking to reduce stress, increase your energy throughout the day or find the motivation to continue progress toward your well-being goals? The Pillars and Topics section can point you in the right direction, providing quick access to many helpful tools and resources. Visit the Pillars page by selecting the **More** icon and select **Pillars** to learn more.

Nutrition Guide

Maintaining healthy eating habits is easier when you have a little help. Access the Nutrition Guide and choose your eating profile. Tell us what you'd like to work on, like cutting out sweets or portion control, and we'll serve up plenty of healthy and delicious tips and recipes. Learn more by selecting **Nutrition Guide** under the **Health** tab.

Sleep Guide

Sleep affects nearly every aspect of your health, from your everyday performance and immune system to your ability to focus on other areas of your well-being. When you complete the Sleep Guide, you'll end up with a customized plan for improving the length and quality of your slumber, setting you up for success — day and night. Learn more by selecting **Sleep Guide** under the **Health** tab.

 **personify** HEALTH™



WELLNESS

ADDITIONAL ACTIVITIES

Prioritize and personalize your experience by engaging in resources to help improve your well-being:

Daily Cards: Get helpful tips that are relevant to your current interests and goals.

Journeys®: Make simple changes to improve your health, one step at a time.

Challenges: Team up or go head to head to challenge your coworkers and track healthy habits.

Social Groups: Discuss your favorite hobbies and find a like-minded community to support your healthy changes.

Healthy Habits: Select healthy habits to work toward, and track your progress every day.

EARNING INCENTIVES

Good health is its own reward. But that doesn't mean we're going to leave you empty-handed. Visit **Rewards** to see all the different ways you can earn rewards and track what you've earned so far.

Have questions? We're here to help.

- Check out personifyhealth.com Live chat: Monday–Friday, 2 a.m.–9 p.m. ET
- Give us a call: 855-944-2058 Monday–Friday, 8 a.m.–9 p.m. ET
- Send us an email: support@personifyhealth.com

Complete the **PRIORITY** activity to unlock more reward opportunities.

PRIORITY: Personal Health Assessment: \$10	
Register your Personify Account (New Users Only)	\$25
Biometric Screening	\$100
Health Check-Up	\$50
Onsite/Campus Events activities (10 events)	\$100 (\$10 each)
Total Rewards	\$285 Rewards Cash

EARN UP TO \$100 MORE IN REWARDS!

You can participate in additional healthy activities throughout the year to earn points, move through the levels and earn Rewards Cash as you level up. Simply complete your priority activities to unlock these rewards.

	Level 1	Level 2	Level 3	Level 4	Additional Rewards Max
Points	7,000	25,000	40,000	60,000	
Rewards Cash	\$10	\$20	\$30	\$40	\$100
					\$285 Total Rewards
					\$385 Reward Cash Annual Max

REDEEM YOUR REWARDS CASH

Log in to your Personify Health account, go to the Rewards page under Home and click Spend to redeem your Rewards Cash! Choose from gift cards from a variety of vendors, purchase goods within the Personify Health store or — if you're feeling generous — you can even donate to a worthy cause.

Examples on how you can earn points throughout the year:	Earnings
Complete Daily cards for ICUBA Resources (up to 4 cards)	1,000 points/card
Track Healthy Habits for 20 days in a month	300 points
Sync to device or tracker	200 points
Track 7,000 steps daily	70 points/day
Complete a Journey	Up to 450 points

Not sure if you can fully participate in this program because of a disability or medical condition?

Visit support.personifyhealth.com and check out the Medical Exceptions section under **Account & Profile**.





RETIREMENT

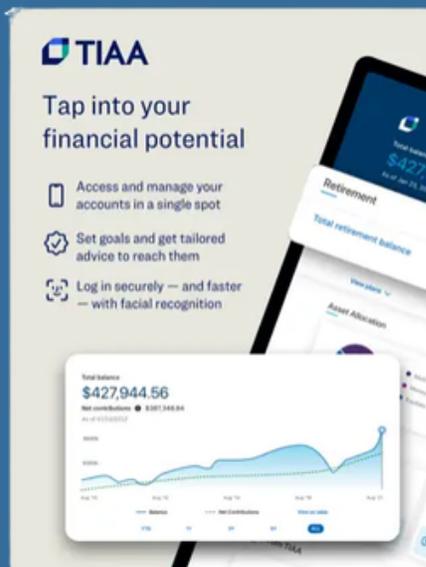
DON'T FORGET TO REVIEW YOUR BENEFICIARIES!



It's always a good idea to make sure your beneficiaries for your life insurance benefit **AND** retirement plan accounts are up to date.

To review or update your life insurance beneficiary, login to your ICUBA profile, and to review or update your retirement plan beneficiary, login to **TIAA**.

Both can be accessed through SharkLink.



As part of our mission, we've been improving the TIAA mobile app to expand content and help create more engaging experiences for you.

- Check account information
 - Schedule an advice session with English- or Spanish-speaking financial consultants
 - Review contributions
 - Use face ID/ biometric authentication
- Enjoy enhanced safety with passkey
 - Use the phone's camera to upload files
 - Engage with educational content to improve your financial know-how

Also, the next time you log in to the app, you can choose English or Spanish as the preferred language





RETIREMENT

MARCH - APRIL - MAY

FINANCIAL WEBINARS



Click on the time to register



TIAA

What You Need to Know About Social Security

April 7, 2026 - [12:00pm EST](#)

Quarter Market Update

April 15, 2026 - [12:00pm EST](#)

Navigating the Sandwich Generation: Financial Strategies for the Caregiving Squeeze

April 22, 2026 - [11:00am EST](#)



BANK OF AMERICA

Education Planning

May 19, 2026 - [12:00pm EST](#) or [4:00pm EST](#)

Cyber Security Awareness

May 20, 2026 - [11:00am EST](#) or [4:00pm EST](#)

Raising Financially Savvy Children

May 21, 2026 - [11:00am EST](#) or [4:00pm EST](#)

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