November 12, 2013

To: All Faculty and Staff  
From: University Benefits Administrator  
Subject: Annual NUFlex Enrollment and Wellstream Health Risk Assessment Program

NUFLEX ENROLLMENT

Within the next several days, you will receive your annual NUFlex newsletter in the mail. Between Nov. 18 and Dec. 6, 2013, you will be permitted to make changes, if desired, to your NUFlex benefits for 2014. This year’s NUFlex enrollment will be offered online through the Firefly Employee Self Service program at https://firefly.nebraska.edu.

For those of you making changes to your NUFlex benefits for 2014, enrollment continues to be a relatively easy process. The annual NUFlex enrollment process has been enhanced to simplify your online enrollment. If no changes are made online, you will keep your current benefits and will not be enrolled in the Flexible Spending Accounts in 2014. The life insurance tobacco/nicotine designation must also be completed annually since your Voluntary Life Insurance premium (if enrolled) is based, in part, on your tobacco/nicotine use. If you do not complete the tobacco/nicotine designation, it will default to tobacco/nicotine use which will result in higher premiums for the voluntary life insurance coverages. Additional NUFlex benefit information may be viewed on the University of Nebraska benefits webpage at www.nebraska.edu/benefits.

The annual NUFlex informational meetings will be offered live online again this year, which will allow you to view the presentation from your home or office. To view a meeting online, visit https://connect.unl.edu/nuflex at one of the following times:

**Monday, Nov. 18, 2013**  
1:30 p.m. - 2:30 p.m.

**Monday, Nov. 25, 2013**  
1:30 p.m. - 2:30 p.m.

The number of participants is limited for each informational meeting, so we suggest you log in at least 10 minutes before the session begins. The agenda will be available online before the meetings at http://go.nebraska.edu/meetingagenda. You will have the opportunity to submit benefit questions during the online meeting. If you experience any connection or technical issues, please contact the Adobe Connect Support line at (800) 422-3623.

WELLSTREAM HEALTH RISK ASSESSMENT

The Wellstream Health Risk Assessment (HRA) program will again be offered this fall online. All active (benefits-eligible) employees, retirees, and ancillary insureds have the opportunity to complete the HRA beginning Monday, Nov. 18, 2013. Active employees may access the HRA survey directly through the Firefly website by logging on to https://firefly.nebraska.edu using your personal
Firefly username and password. Instructions for accessing the HRA survey by ancillary and retired employees will be included in the respective 2014 NUFlex newsletter. The program will run for three weeks, ending with the NUFlex enrollment deadline of Friday, Dec. 6, 2013 at 5 p.m. CST. The HRA survey must be completed each year in order for you and your covered dependents to receive the enhanced wellness and preventive services benefit for the following calendar year.

Participation is voluntary; however, by completing this short survey, you will receive a Personal Health Report that will help you assess and monitor your personal health status. The health survey will include a confirmation page at the end of the Personal Health Report that provides you with documentation that the HRA was successfully completed. Once completed, the Personal Health Report must be printed and/or saved in order for you to receive credit for completing the HRA survey.

If you are enrolled in the university’s Blue Cross Blue Shield medical plan and complete the HRA, you will receive the enhanced wellness and preventive services benefit for yourself and your covered dependents. Enhanced wellness and preventive services include:

- Annual preventive care allowance of $300 (for insureds age 2 and over)
- Dependent child (under age 2) preventive care allowance of $600
- 100 percent coverage, up to a $2,500 maximum, for a routine preventive colonoscopy once every 10 years beginning at age 50. (Services must be provided by a Blue Cross Blue Shield PPO Provider. Please note, per the new ancillary claims changes, that if colonoscopy lab services are provided out-of-network or outside the state of where the colonoscopy is performed, out-of-network charges may apply for those lab services.)
- $0 copay for generic prescription drugs through the CVS Caremark mail service program.

Your personal health information will remain confidential as the university will only have access to the aggregate information obtained from the survey. Aggregate data from each campus will be used to create goals for improving the health and well-being of employees.

**GENERAL QUESTIONS**

If you have any questions, please call your Campus Benefits Office: UNL: (402) 472-2600, UNMC: (402) 559-4340, UNO: (402) 554-3660, UNK: (308) 865-8516, and UNCA: (402) 472-7162.