



Office of HUMAN RESOURCES NEWSLETTER



May 2020

This edition of the newsletter is dedicated to providing you with vital health, wellness and retirement plans information.

The New Jersey Division of Pensions and Benefits, on behalf of the State Health Benefits Program is taking action to protect the health and safety of TCNJ plan members and their families in the wake of the 2019 Coronavirus (COVID-19) outbreak. You may obtain the answers to your health plan related questions as indicated below:

- **Horizon Health Customer Service:** 1-800-414-7427
- **Aetna Customer Service:** 1-877-782-8365
- **Optum Rx Customer Service:** 1-844-368-8740

TCNJ Health Insurance

To help ensure you get the COVID-19 care you need, when you need it most, the State Health Benefits Program (SHBP)/School Employees' Health Benefits Program (SEHBP) through Horizon Blue Cross Blue Shield of New Jersey is removing out-of-pocket costs for all care related to COVID-19. Previously, Horizon BCBSNJ announced that you would not pay any copay, coinsurance or deductible for the diagnosis, evaluation and testing of COVID-19.

The removal of out-of-pocket costs (copay, coinsurance and deductible) for SHBP/SEHBP members, now includes covered benefits associated with the treatment for COVID-19 for inpatient and outpatient care when provided by an in-network doctor or hospital. This is retroactive to March 1, 2020 and through at least June 30, 2020.

In addition, through June 30, 2020, you will not pay for covered services, including diagnosis and treatment of COVID-19, routine care, therapy or mental health care when provided by your in-network doctor – whether by video, telephone or chat – or Horizon CareOnline, Horizon BCBSNJ's telemedicine platform.

You can also speak to a Horizon Health Guide at 1-800-414-SHBP (7427) who can connect you to a registered nurse or behavioral health program for free. Registered nurses are available 24/7, and can help you understand the symptoms related to COVID-19, and help with other health concerns.

Employee Assistance Program

As a TCNJ employee you are eligible to access the Penn Medicine Princeton Health Employee Assistance Program. This program is available to you and your adult household members. The EAP is offering weekly support groups,



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led by licensed clinicians that provide you with a place to voice concerns, receive support and explore strategies to assist you to deal with anxiety, fear or isolation.

Please complete the survey by May12, 2020 to let us know your areas of interest or concern. [EAP Group Sessions and Workshops](#)

In addition to workshops and group sessions, you are entitled to up to three (3) individual counseling sessions per issue. If you would like to discuss this in more detail, please feel free to call the EAP. Counseling is FREE and CONFIDENTIAL.

Tele-counseling is available to all employees from New Jersey and Pennsylvania, weekdays from 9:00 a.m. until 5:00 p.m. Extended hours are available Monday and Wednesday until 7:00 p.m. For more information call 1-800-527-0035.

Retirement Plan Contacts and Information

PERS/PFRS: Available Webinars, <https://www.nj.gov/treasury/pensions/member-training.shtml>

DCRP: Defined Contribution Retirement Program Board oversees the DCRP, which is administered for the NJDPB by Prudential Financial. Information is available on its New Jersey Defined Contribution Program website. Prudential's Toll Free Number: 1-866-653-2771.

ABP: Contact your designated service provider regarding account details, <https://hr.tcnj.edu/wp-content/uploads/sites/128/2019/04/NJ-State-Authorized-Campus-Representatives-9.5.2019.pdf>

Questions regarding your retirement plan accounts should be directed to your designated service provider: [Retirement Plans Resources](#) Virtual retirement counseling sessions with the state of New Jersey Division of Pension and Benefits approved designated service providers may be arranged.

*Stay Safe
and
Healthy*