



# 2023 Benefits Guidebook

Providing a Foundation for Employee Health, Wellness and Security

Sponsored by the Sisters of Charity of Saint Elizabeth

# BENEFITS 2023



### Welcome to your 2023 Employee Benefits!

Being part of St. Joseph's Health means you are dialed in to a unique and exciting professional opportunity. One important way we demonstrate our commitment to you is through the benefits program showcased within this guide.

The St. Joseph's Health benefits program is an important element of our total rewards and reflects the St. Joseph's Health Values of "commitment to and respect for people". It gives you access to competitive benefits, coverage options and protections, many of which are or can be extended to family members. What it does for you and others will depend on the choices you make at enrollment and beyond.

In this guide, you will find the information you need to make informed benefits selections. Take time to carefully review each plan and its offerings and consider how they may benefit you and your family. After reviewing your options, submit your benefit elections by the enrollment deadline.

Please take advantage of the resources identified on each page, as they provide the best avenues for making informed benefit decisions. You can also call the Employee Benefits Center at **1-800-307-0230** if you need any help along the way.

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# BENEFITS 2023



### **About This Guide**

This guide is designed to educate you about your benefit options so you can make the best selections for you and your loved ones. Please refer to this guide to help you during your enrollment period and throughout the year.

Please be aware that this guide provides a general summary of available benefits. A more complete description of your benefits and the terms under which they are provided, including limitations and exclusions, is contained in the plan documents, available at <u>www.</u> <u>sjhsbenefits.org</u>.

If there are any discrepancies between this Guide and the plan documents, the plan documents are the controlling documents.

### Learn More About Your Benefits!

St. Joseph's Health provides an array of tools and resources to keep you on the inside track of your benefits.



To Enroll & Learn More Visit <u>www.sjhsbenefits.org</u>



For Questions Call 1-800-307-0230 or Email <u>employeebenefits@bakertilly.com</u>



#### **Ready To Enroll or Make Changes?**

When you are ready, visit <u>www.sjhsbenefits.org</u> and enter your *Employee ID* as the *Login ID* and *the last six digits of your Social Security Number* as the *Password*.

# **ENROLLMENT** guidelines

#### Who's Eligible?

#### Full-Time Employees

If you are classified as a regular full-time employee and scheduled to work at least 80 hours bi-weekly\*, you are eligible to enroll in all St. Joseph's Health benefit plans.

\*72 hours for Paramedics

#### **Part-Time Employees**

If you are classified as a regular part-time employee and scheduled to work at least 40 hours bi-weekly, you are eligible to enroll in all St. Joseph's Health benefit plans.

#### These are:

#### **No Cost Benefits**

- > Basic Life/AD&D
- > Administrative Long-Term Disability
- > Employee Assistance Program

#### **Benefits Requiring Pre-Tax Contributions**

- > Group Medical
- > Group Dental
- > Group Vision Care
- > Healthcare FSA
- > Dependent Care FSA
- > Qualified Transportation Expense Plan

#### **Benefits Requiring After-Tax Contributions**

- > Supplemental Life/AD&D Insurance
- > Spouse Life Insurance
- > Child Life Insurance
- > Voluntary Long-Term Disability
- > Group Legal Services
- > MetLife Voluntary Products
- > Home & Auto Insurance
- > Pet Insurance

## Which Family Members Can Be Covered?\*\*

If you enroll in benefits, you may elect to cover your eligible dependents. Your eligible dependents include your:

- > legal spouse (regardless of gender)
- children up to age 26, regardless of marital status, student status, financial dependency, or residence
- children of any age [if disabled prior to age 26] who are incapable of self-sustaining employment and dependent upon you for support

#### \*\*Verification of Eligible Dependents

(Open Enrollment, New Hires and Life Events)

In order to enroll new dependents in the Benefits Program, you are required to submit proper documentation that provides proof of eligibility. This documentation must be received by the Employee Benefits Center within 30 days of your benefits effective date or dependent coverage may be denied. Acceptable documentation includes birth certificates, marriage certificates, adoption decrees, court documents, etc. If these documents are not available, employees may submit other supporting documentation for review. If it is determined that an employee has an ineligible dependent enrolled on these plans, it will be treated as fraud and penalties will be imposed, up to and including termination of employment. Documents can be uploaded securely via the enrollment site at www. sjhsbenefits.org.

# ENROLLMENT guidelines

#### **Changing Your Benefits (Qualified Life Events)**

The benefits you elect during the annual open enrollment period or as a newly hired employee will remain in effect for the entire plan year. You may only change your elections during the year if you have a Qualified Life Event. Any requested change must be consistent with the life event being reported. Examples of a Qualified Life Event include:

- > Marriage
- > Birth or adoption
- > Divorce
- > Gain or loss of coverage
- > Death of spouse or dependent
- > Loss of dependent status
- > Change in eligibility for Medicare benefits
- Gain or loss of eligibility for Medicaid, a Children's Health Insurance Program (CHIP), or a premium assistance subsidy under these programs (60-day election period)

For any allowable changes, you must report the Qualified Life Event online at <u>www.sjhsbenefits.org</u> or by calling the Employee Benefits Center at **1-800-307-0230**. Notification needs to be provided within 30 calendar days of the Qualified Life Event (unless indicated otherwise). Changes requested due to a "change of mind" cannot be allowed until the next annual open enrollment period or another qualifying life event.

\*For a full list of Qualified Life Events (QLEs), please visit the Library Section of the Online Benefits Center and access the "Reporting Your Qualified Life Event" document.



Nothing is more important than the health of you and your family. The impact that an unexpected medical expense may have on a family can be overwhelming. That is why our medical plan choices are designed to help you get access to the care you need at a price you can afford. St. Joseph's Health offers eligible employees and their dependents\* the opportunity to select from two medical plans that best meet your individual and family needs for quality, affordable health care.

#### **About Our Medical Plans**

St. Joseph's Health offers two medical plans now administered by Horizon Blue Cross Blue Shield of NJ:

#### 1) St. Joseph's Inner Circle Plan

Provides access to the excellent team of healthcare providers in the St. Joseph's exclusive network of physicians and facilities with the lowest out of pocket expense. The plan also includes the "Horizon Wrap Network" to provide Inner Circle plan members access to providers and services not available through our existing Inner Circle. While this new network feature provides greater flexibility for Inner Circle members, it's important to note that when you use the Horizon Wrap network, you will pay higher copays, deductibles, and coinsurance for services. The Horizon Wrap Network includes only those providers in the Horizon Managed Care Network in New Jersey.

#### 2) St. Joseph's Omnia Plan

Provides access to the same excellent quality healthcare as the St. Joseph's Inner Circle plan (with the lowest out-of-pocket expense) and the added option of the Horizon Omnia networks. Omnia Tier 1 is comprised primarily of NJ facilities and providers. Omnia Tier 2 comes with the National BlueCard Network copays and coinsurance. The Omnia network utilization is summarized on page 7.

The health plan is always secondary to automobile no fault coverage, personal injury protection coverage, or medical payments coverage.



#### Find A Participating Omnia Provider

Need to find a doctor? You can find an in-network doctor by visiting **www.horizonblue.com** and clicking on "Find A Doctor or Rx" or by calling Horizon's Customer Service Line at **1-800-355-Blue (2583)**.



#### \*Spousal Surcharge

If coverage is available for the spouse through their employer, and the spouse still elects to be covered under a medical plan through St. Joseph's, a surcharge will be applied to the basic contribution rate. The spousal surcharge is applied based upon salary. The spousal surcharge does not affect or apply to coverage for dependent children.



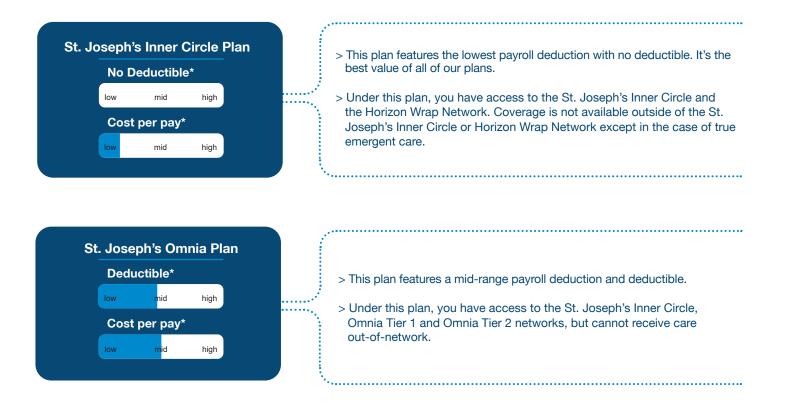
#### St. Joseph's Health Plan Tobacco-Free Household Incentive

St. Joseph's strongly supports all efforts to provide a tobacco-free environment at work and in your home. Our benefit programs offer a variety of aids to help those who currently use tobacco products to quit, and to work toward a healthy, tobacco-free lifestyle. To support this effort, employees and their spouse, if applicable, who participate in any of the St. Joseph's medical plans and who do not use tobacco products in any form at any frequency will pay a lower cost for coverage than tobacco users.



## Comprehensive coverage. Competitive rates. *You have choices.*

While both of our medical/rx plans cover the same types of services, each provides a different level of coverage. The plans feature different deductibles (amount you pay before cost sharing begins), varying out-of-pocket maximums (the most you'll pay out-of-pocket each plan year) and different copays and coinsurance. In addition, the cost for each plan differs. Your medical options are compared below and on the following pages.



\*For illustrative purposes only

#### **Option 1: The St. Joseph's Inner Circle Plan**

| Description   | St. Joseph's Inner Circle Plan<br>EPO Tier 1  | Horizon Wrap Network<br>EPO Tier 2             |
|---|---|--|
| Deductible (Individual / Family)  | \$0 / \$0                                     | \$3,000 / \$6,000                              |
| Coinsurance (You Pay)   | 0%  | 50%  |
| Maximum Out of Pocket<br>(Individual / Family)  | \$2,000 / \$4,000                             | \$9,100 / \$18,200                             |
| Physician Office Visits (PCP)   | \$5 copay/visit                               | \$50 copay/visit                               |
| Physician Office Visits (Specialist)  | \$10 copay/visit                              | \$70 copay/visit                               |
| Physician Surgical  | Covered at 100%                               | 50% after deductible                           |
| Lab/Radiology   | Covered at 100% (includes Quest &<br>LabCorp) | 50% after deductible                           |
| Advanced Radiology (CT/PET scans, MRIs)   | Covered at 100%                               | 50% after deductible                           |
| Inpatient Hospital Facility   | Covered at 100%                               | \$900 copay/stay, then 50%                     |
| <b>Outpatient Hospital Facility</b>   | Covered at 100%                               | 50% after deductible                           |
| Ambulatory Surgicenter  | Covered at 100%                               | 50% after deductible                           |
| Emergency Room  | \$300 copay/visit                             | \$300 copay/visit                              |
| <b>Ambulance</b> (Non-emergency transport: not covered, except if pre-authorized.)            | 100% covered if transported to SJH facility   | 50% after deductible                           |
| Urgent Care   | \$10 copay/visit                              | \$80 copay/visit                               |
| Home Health Care (up to 60 visits)  | Covered at 100%                               | 50% after deductible                           |
| Private Duty Nursing (up to 60 8-hr visits)   | Covered at 100%                               | 50% after deductible                           |
| Skilled Nursing Facility (up to 120 days)   | Covered at 100%                               | 50% after deductible                           |
| Durable Medical Equipment*  | \$5 copay/visit                               | 50% after deductible                           |
| Hospice   | Covered at 100%                               | 50% after deductible                           |
| <b>Short Term Therapies</b> (Physical,<br>Speech, Occupational - up to 60 visits<br>combined) | Covered at 100%                               | 50% after deductible                           |
| <b>Chemotherapy</b><br>(covered in accordance with the place<br>of service)                   | Covered at 100%                               | 50% after deductible                           |
| Chiropractic Care (up to 25 visits)   | \$10 copay/visit                              | \$70 copay/visit                               |
| Mental Health/Alcohol & Substance<br>Abuse<br>Inpatient<br>Outpatient / Office Visits         | Covered at 100%<br>\$10 copay/visit           | \$900 copay/stay, then 50%<br>\$70 copay/visit |
| Substance Abuse<br>Inpatient<br>Outpatient / Office Visits                                    | Covered at 100%<br>\$5 copay/visit            | \$900 copay/stay, then 50%<br>\$70 copay/visit |

\*Limited to 1 durable medical equipment for same/similar purpose. Excludes repairs for misuse/abuse.

Regardless of the plan level you choose, out-of-network services will not be covered (emergent care is an exception).

#### **Option 2: St. Joseph's Omnia Plan**

| Description  | Inner Circle Network<br>Provider Tier         | OMNIA Tier 1   | OMNIA Tier 2 & BlueCard<br>Out of State                         |
|--|---|--|---|
| Deductible (Individual / Family)   | \$0 / \$0                                     | \$600 / \$1,200  | \$2,000 / \$4,000   |
| Coinsurance (You Pay)  | 0%  | 20%  | 40%   |
| Maximum Out of Pocket<br>(Individual / Family)   | \$2,000 / \$4,000                             | \$6,000 / \$12,000   | \$8,000 / \$16,000  |
| Physician Office Visits (PCP)  | \$5 copay/visit                               | \$25 copay/visit   | \$40 copay/visit  |
| Physician Office Visits<br>(Specialist)  | \$10 copay/visit                              | \$40 copay/visit   | \$60 copay/visit  |
| Physician Surgical   | Covered at 100%                               | 20% after deductible   | 40% after deductible  |
| Lab/Radiology  | Covered at 100% (includes<br>Quest & LabCorp) | 20% after deductible   | 40% after deductible  |
| Advanced Radiology (CT/PET scans, MRIs)  | Covered at 100%                               | \$250 copay/visit, then 20% after deductible                       | \$500 copay/visit, then 40% after deductible                    |
| Inpatient Hospital Facility  | Covered at 100%                               | \$600 copay, then 20% after deductible                             | \$800 copay, then 40% after deductible                          |
| Outpatient Hospital Facility   | Covered at 100%                               | \$150 copay/visit, then 20% after deductible                       | \$250 copay/visit, then 40% after deductible                    |
| Ambulatory Surgicenter   | Covered at 100%                               | \$250 copay/visit, then 20% after deductible                       | \$500 copay/visit, then 40% after deductible                    |
| Emergency Room   | \$300 copay/visit                             | \$300 copay/visit  | \$300 copay/visit   |
| <b>Ambulance</b> (Non-emergency transport: not covered, except if pre-authorized.)     | 100% covered if transported to SJH facility   | 100% covered if<br>transported to<br>SJH facility                  | 100% covered if<br>transported to<br>SJH Facility               |
| Urgent Care  | \$10 copay/visit                              | \$80 copay/visit   | \$80 copay/visit  |
| Home Health Care (up to 60 visits)   | Covered at 100%                               | 20% after deductible   | 40% after deductible  |
| Private Duty Nursing<br>(up to 60 8-hr visits)   | Covered at 100%                               | 20% after deductible   | 40% after deductible  |
| Skilled Nursing Facility<br>(up to 120 days)   | Covered at 100%                               | \$150 copay/visit, then 20% after deductible                       | \$250 copay/visit, then 40% after deductible                    |
| Durable Medical Equipment*   | \$5 copay/visit                               | \$5 copay/visit  | \$5 copay/visit   |
| Hospice  | Covered at 100%                               | Covered at 100%  | Covered at 100%   |
| Short Term Therapies<br>(Physical, Speech, Occupational -<br>up to 60 visits combined) | Covered at 100%                               | 20% after deductible   | 40% after deductible  |
| <b>Chemotherapy</b><br>(covered in accordance with the<br>place of service)            | Covered at 100%                               | 20% after deductible   | 40% after deductible  |
| Chiropractic Care (up to 25 visits)  | \$10 copay/visit                              | \$40 copay/visit   | \$60 copay/visit  |
| Mental Health/Alcohol &<br>Substance Abuse<br>Inpatient<br>Outpatient / Office Visits  | 100%<br>\$10 copay/visit                      | \$300 copay/stay, then 20%<br>after deductible<br>\$40 copay/visit | \$600 copay per stay, then<br>plan pays 40%<br>\$60 copay/visit |
| Substance Abuse<br>Inpatient   | Covered at 100%                               | \$300 copay/stay, then 20%<br>after deductible                     | \$600 copay/stay, then 40% after deductible                     |
| Outpatient / Office Visits   | \$5 copay/visit                               | \$25 copay/visit   | \$60 copay/visit  |

\*Limited to 1 durable medical equipment for same/similar purpose. Excludes repairs for misuse/abuse.

## Need to see a doctor now? Get connected 24/7 with Horizon CareOnline<sup>sm</sup>



When you need to see a doctor – anytime day or night – simply sign in to HorizonCareOnline as a Horizon BCBS member you have 24/7 access to U.S. board-certified doctors via video and phone from the comfort of your home.

With Horizon Care Online you can be treated for common health conditions, including:

> Abdominal pain

> Sinusitis

> Cold and flu

>

- Fever
- Skin irritations

You can also see behavioral health specialists by appointment from 7 a.m. to 11 p.m. for conditions such as:

- > Anxiety
- > Attention deficit/hyperactivity disorder (ADHD)
- > Bipolar disorder
- > Depression

Urgent medical care services for HorizonCareOnline are provided by U.S. board-certified, licensed doctors who average 15 years experience in primary urgent care. Behavioral health specialists include licensed psychiatrists, psychologists, and social workers. You can read each doctor's profile and patient reviews before selecting one for your care.

Horizon CareOnline does not replace your relationship with the primary doctor or behavioral health professional you ma see on a regular basis, but HorizonCareOnline is available when you need it. You can even get a record of your visit by eecure email to share with your doctors.

#### **Getting Started**

Registration is easy. Simply:

- 1. Go to HorizonCareOnline.com
- 2. Complete the required fields
- 3. Remember to include your Horizon BCBS member ID#

#### Register now so you're ready whenever you need care.

Visit HorizonCareOnline.com

Call 1-877-716-5657

#### Introducing ... AbleTo: A Mental Health Benefit

Feeling stressed, overwhelmed, or exhausted? You're not alone.

If you are enrolled in a St. Joseph's medical plan, you now have access to AbleTo, a virtual platform that connects you to a compassionate therapist, or coach\* to help manage your mental health. Start feeling better today at **AbleTo. com/horizon.** \**Deductible/coinsurance may apply.* 





#### Here's How It Works:

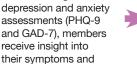
#### Introduction

Members are welcomed with a brief overview that sets expectations, helps them feel understood and confirms their cost and coverage.

#### Clinical Screening Guided through depression and anxiety

validation of their baseline

assessment.



#### Health History

Program recommendation is tailored based on personal, BH, and medical history (including recent hospitalizations, medications, etc.) and preferences.

## Recommendation & Scheduling

Members select the day, time and device (phone or video) that is most convenient and receive an immediate appointment confirmation.

St. Joseph's Health is dedicated to healthcare that starts with prevention. It has been proven that routine visits to a healthcare professional can increase the likelihood of early detection and diagnosis of potentially severe health conditions. All of the services listed below are covered 100% under the Inner Circle and In-Network under the Omnia Plan. Preventive services are not covered Out-of-Network.

| Adult Preventive Procedures  | Frequency of Services   |  |  |
|--|---|--|--|
| Physical Examination – includes<br>Comprehensive Metabolic Panel,<br>Urinalysis, EKG, BMI, Weight, Lipid Profile,<br>Glucose and other approved screenings | • All Ages: Annually  |  |  |
| Mammography  | <ul> <li>Ages 20-34: Based on medical necessity or family history</li> <li>Ages 35+: Annually</li> </ul>  | Preventive Benefits<br>+ The Inner Circle  |  |
| Pelvic Exam  | Annually  | = The Best Coverage  |  |
| Pap Smear  | Annually  | and the Best Care  |  |
| Woman's Preventive   | Annually; includes domestic violence screening, sexually transmitted infec-<br>tions counseling, HIV screening and Human Papillomavirus Virus testing   | The Group Medical Plan   |  |
| Diabetes Testing   | Type 2 diabetes testing for adults with high blood pressure<br>Gestational Diabetes Testing - Once per pregnancy  | provides benefits for<br>additional preventive                                     |  |
| Breastfeeding  | Pump and/or supplies; Comprehensive support and counseling  | services not listed on this page. Contact Omnia                                    |  |
| Prostate Specific Antigen<br>(Males)   | <ul> <li>Ages 40-49: Based on medical necessity or family history</li> <li>Ages 50+: Annually</li> </ul>  | for more information on<br>covered services.                                       |  |
| Colonoscopy  | <ul> <li>Ages 20-49: Based on medical necessity or family history</li> <li>Ages 50+: Every 5 years</li> </ul>   |  |  |
| Immunizations  | All required immunizations in accordance Health and Human Services<br>guidelines, including: Diptheria, Pertussis and tetanus boosters, Hepatitis<br>A and B, HPV, influenza and pneumococcal vaccines  | ONLINE RESOURCES<br>www.horizonblue.com is a<br>valuable source of health          |  |
| Child Preventive Procedures  | Frequency of Services   | and wellness information.<br>Log on today to learn                                 |  |
| Routine Examinations   | <ul> <li>First 12 Months: Up to 7 visits</li> <li>Second 12 Months:: Up to 3 exams</li> <li>Third 12 Months:: Up to 3 exams</li> <li>Thereafter: 1 exam annually</li> </ul>   | more about: <ul> <li>Fitness</li> <li>Nutrition</li> </ul>                         |  |
| Measurements   | <ul> <li>First Year: Height, weight, blood pressure and body mass at each visit</li> <li>Thereafter: Height, weight, blood pressure and body mass annually</li> </ul>   | <ul> <li>Your health risks (by<br/>taking a Health Risk<br/>Assessment)</li> </ul> |  |
| Developmental/Behavioral<br>Assessment   | Birth to Age 19: Annually   | <ul> <li>Online tools and resources</li> </ul>                                     |  |
| Immunizations  | All required immunizations in accordance with American Pediatric Association<br>and Health and Human Services guidelines, including: Diptheria, Pertussis and<br>tetanus, Polio, Measles, Mumps and Rubella, Hepatitis A and B, Rotavirus,<br>Varicella, HPV, influenza and pneumococcal and meningococcal vaccines |  |  |

#### **Hearing Aid Benefits**

#### Hospital Employee Inner Circle Discounts and Enhanced Services (at St. Joseph's Audiology)

- > 25% discount on hearing aid devices and accessories
- > A 30-day trial period for hearing aids is available after a \$150 non-refundable deposit is made.
- > Two adjustments to each device are available per year during the warranty period

#### Hospital Employee Medical Plan Benefit

> St. Joseph's employee medical plan reimburses up to \$2,000 once every 36 months for adult hearing aid purchases and up to \$1,000 per hearing impaired ear every 24 months for pediatric hearing aid purchases.

#### **Understanding Your Coverage**

#### **Emergencies: At Home, While Traveling and Away at School**

In the event of an emergency that requires urgent care, the most important action you can take is to get care as quickly as possible. Once your condition is stable, you should contact the health plan administrator (Horizon Omnia) as soon as practical. This will help you confirm your level of coverage and ensure your claim is processed correctly. A claim form to submit claims that occurred outside the United States can be found in the benefits section of "Inside".

| Your Coverage In An Emergency                             |  |  |
|---|--|--|
| Services Provided By                                      | Services You Receive in an<br>Emergency Room |  |
| St. Joseph's Health Facilities and Inner Circle Providers | \$300 copay                                  |  |
| In-Network/Out-of-Network Facilities and Providers        | \$300 copay, waived if admitted              |  |

\*If your emergency requires an inpatient stay, it is important that you contact Horizon Omnia as soon as possible to verify your stay and any ongoing treatments are authorized. Depending upon the circumstances, benefits for services beyond the initial emergency treatment may not be covered at the emergency benefit level.

Out-of-Network Services (Non-Emergency): Any time you receive services from a provider who does not participate in the Inner Circle or is not In-Network, coverage is provided at the out-of-network benefit level. All charges for out-of-network services are subject to balance billing for any amounts that exceed the plan's fee schedule. The plan cannot control the charges made by out-of-network providers. As a result, BALANCE BILLS FOR SERVICES FROM OUT-OF-NETWORK PROVIDERS CAN BE SIGNIFICANT AND ARE NOT COVERED UNDER THE GROUP MEDICAL PLAN. These charges are not eligible for reimbursement and do not go toward meeting any out-of-pocket limits under the plans.

Any time you intend to receive non-emergency services outside of the networks you should contact Horizon Omnia to verify benefits and obtain a pre-determination. You have full financial responsibility for all charges that exceed the plan's fee schedule. The only possible exception is when services must be provided outside of the network because they are not available in-network. "Not available" means that there are no network providers within the area who can provide the required services. Determination of availability is not based upon qualitative factors, recommendations or provider referrals. Any referrals for services that are "not available" within the network must be pre-approved by Horizon Omnia.

#### When A Physician Refers You to an Out-of-Network Provider

Exclusive of emergency care, **NO OUT-OF-NETWORK SERVICES ARE COVERED** and will result in significant additional costs to you. Referrals by In-Network or Inner Circle providers to out-of-network providers or facilities, or for other services, do not constitute an authorization for upgraded benefits or constitute a commitment by St. Joseph's to provide a higher level of provider reimbursement. If you have any questions regarding the level of coverage you will receive under the program, please contact Horizon Omnia **BEFORE YOU RECEIVE CARE**.



#### Tracy Rodriguez, RN – The Employee Health Plan Navigator

St. Joseph's Health is committed to providing compassionate, world-class care to our patients, which includes our employees, our most valuable resource. In keeping with this commitment to our employees and their families, we offer an enhancement to our health plan.

Tracy Rodriguez, RN, is St. Joseph's dedicated Employee Health Plan Navigator, serving as a dedicated resource who is here for you and your dependents. She can assist you with a variety of needs concerning your health care and the health care of your dependents to help you navigate through preventative care, acute or chronic care needs including:

- > Assist you with identifying the highest quality, cost effective providers to work within your specific health plan.
- > Assist you with any challenges you may have getting timely appointments with our Inner Circle physicians including emergency appointments.
- > Help you to identify an appropriate Primary Care Physician for you and your dependents.
- > Troubleshoot and assist with the referral process and inform you of other resources available to you concerning your healthcare needs.
- > Provide you with information regarding a newly diagnosed condition.

Tracy can be reached at 201-575-5649 or rodrigut@sjhmc.org



#### **Chronic & Complex Case Management Employee Program**

- > Take an active role in self-managing your chronic or complex condition(s)
- > Remain adherent to your prescribed medication regimen
- > Actively work with your doctor(s) on treatment plans for your medical conditions
- > Understand your diagnoses and differentiate symptoms that can be managed at home vs. symptoms requiring your physician's attention
- > Create a plan to manage mild symptoms at home
- > Set achievable personal health goals under the direction of your PCP
- > Participation in the Chronic & Complex Case Management Program is voluntary. You can exit the program at <u>any</u> time. You can decline participation if the nurse navigator contacts you.

#### Participation

Participation in the Chronic & Complex Case Management Program is a voluntary. You can exit the program at any time. You can decline participation if the nurse navigator contacts you.

#### **Points of Access:**

- 1. Self-Referral
- 2. Physician Referral
- 3. Employee Plan Nurse Navigator Referral
- 4. Cerner Care Management system algorithm risk stratifies the population and identifies candidates for intervention
- 5. Pharmacy Data Review

Contact our Employee Plan CCCM Navigator, Sumitha Hartwig, at **551-237-0614** or by emailing **hartwigs@ sjhmc.org**.





### **Case Management Conditions**

- Condition of Hypertension within the lifetime AND 3 or more outpatient visits with blood pressure readings over 140/90 in the last year
- Condition of Diabetes within the lifetime AND Most recent HbA1c greater than or equal to 9 in the last year
- Condition of Diabetes AND History of heart attack, stroke or pulmonary embolism
- > Condition of Obesity within the last 5 years AND Most recent BMI >= 35 in the last year

- Condition of Heart Failure in lifetime AND BNP
   500 or multiple ED/Inpatient visits
- Condition of one of the following in lifetime
   Schizophrenia
  - Depression
  - BiPolar
- > Any active Cancer diagnosis
- > 3 or more chronic conditions

#### See below for a full list of conditions

- > Condition in the person's lifetime
- > A-Fib/A-Flutter
- > ALS
- > Autism
- > Celiac Sprue
- > Cerebral Palsy
- > Chronic Fatigue Syndrome
- > Chronic Pancreatitis
- > COPD
- > Cystic Fibrosis
- > Depression
- > Diabetes Type 1
- > Diabetes Type 2
- > Down syndrome
- > Fibromyalgia
- > Hepatitis B
- > Hepatitis C
- > HIV/ AIDS
- > Hypertension
- > Inflammatory Bowel Disease
- > Interstitial Cystitis
- > IVD/CAD
- > Lupus

- > Multiple Sclerosis
- > Parkinson's Disease
- > Rheumatoid Arthritis
- > Sickle Cell Disease
- > TIA
- > Heart Failure
- > Stroke

#### Diagnosis in the last 10 years

- > Asthma
- > Epilepsy

#### **Diagnosis in the last 5 years**

- > Chronic Otitis Media
- > Chronic Pharyngitis
- > Chronic Tonsillitis
- > Endometriosis
- > Hyperlipidemia
- > Hypercholesterolemia
  - > Migraine
  - > Overactive Bladder and Detrusor
- > Instability
- > Tuberculosis

# PRESCRIPTION plan features

When you enroll in a medical plan, you are automatically enrolled in prescription drug coverage through the Horizon Pharmacy program. Horizon Pharmacy's contracted pharmacy benefit manager is Prime Therapeutics. **Through your plan, you may fill prescriptions:** 

- > At **St. Joseph's Health pharmacy or any other in-network retail pharmacy** at lower copay costs than any other network retail pharmacy. There are 62,000 retail pharmacies across the United States, including all major chains.
- > **By Home delivery**: 90 day supplies delivered to you by AllianceRx Walgreens Prime home delivery pharmacy.
- > **Through a specialty pharmacy:** 30 days supplies delivered to you exclusively at AllianceRx Walgreens Prime specialty pharmacy.

#### **Retail Pharmacy or Mail Order** (non in-house pharmacy)

Your copay amounts depend on the plan you are enrolled in and are reflected in the chart below.

| Prime Rx Plan   | Short-Term Drugs<br>(up to 30-day supply) |               | — Mail<br>Walg  | nce Drugs<br>Order or<br>reens<br>day supply) | <b>Specialty Drugs</b><br>(up to 30-day supply) |  |
|---|---|---------------|-----------------|---|---|--|
|   | Inner<br>Circle                           | Omnia<br>Plan | Inner<br>Circle | Omnia<br>Plan                                 | Inner Circle                                    | Omnia Plan                                 |
| Generic (Tier 1)  | \$35                                      | \$25          | \$50            | \$50  | \$40  | \$25                                       |
| <b>Brand*</b><br>- Preferred Brand (Tier 2)<br>- Non-Preferred Brand (Tier 3) | \$70<br>\$90                              | \$60<br>\$80  | \$100<br>\$200  | \$100<br>\$200                                | 20% up to \$400 max<br>20% up to \$400 max      | 15% up to \$300 max<br>15% up to \$300 max |

For more information about your prescription benefits visit **www.horizonblue.com** or contact Pharmacy Member Services **1-800-370-5088**, 24 hours a day, seven days a week. After logging on select "Doctors & Care" and then "Prescriptions". You'll be automatically logged into the Horizon section of the Prime Therapeutics web site where you can find Pharmacy information.

\*Generic Reminder: If you choose to use a brand name drug when a generic is available, you will have to pay the copayment plus the difference between the generic and brand name drug. Note: If the actual cost of the prescription is less than the copayment, you will pay the actual cost of the prescription.

Our plan includes the Vaccine Administration Network, covered benefits for flu, pneumonia, shingles, HPV, diphtheria/tetanus combinations and meningitis shots are available at participating pharmacies for Horizon Blue Cross Blue Shield plan members and their covered dependents. You may get these shots at any of the participating national retail pharmacy locations. All you need to do is present your Horizon BCBS member ID card and your cost share will be based on your pharmacy coverage for this benefits. The shot is given on-site by a qualified clinician. Coverage for contraceptives: As a member of Horizon Blue Cross Blue Shield of New Jersey (Horizon BCBSNJ), you may not have to pay any copayment or coinsurance for doctor prescribed Food and Drug Administration (FDA)-approved (1) generic contraceptive services and/or medicines and (2) certain brand contraceptive services and/or devices where no generic alternative is available. This means you may not have any out-of-pocket costs depending on which contraceptive service, medicine, or device your doctor prescribes. Simply show your Horizon BCBSNJ member ID card at the pharmacy and Horizon BCBSNJ will take care of the rest. This program is no longer a mandatory mail order service. Please note, contraceptive prescriptions cannot be filled at the SJ In-House pharmacy.

#### St. Joseph's In-House Pharmacy

Through our in-house pharmacy, you can receive generic medication at no charge and brand medications at discounted copays! *Copays are the same for both the Inner Circle and Omnia plan members.* 

|   | St. Joseph's In-House Pharmacy  | <b>Short-Term Drugs</b><br>(up to 30-day supply) | 90-day<br>supply | <b>Specialty Drugs</b><br>(up to 30-day supply)                      |
|---|---|--|------------------|--|
| - | Generic (Tier 1)  | \$0  | \$0              | \$20   |
|   | <b>Brand*</b><br>- Preferred Brand (Tier 2)<br>- Non-Preferred Brand (Tier 3) | \$15<br>\$30                                     | \$35<br>\$75     | 10% of drug cost up to \$250 max<br>10% of drug cost up to \$250 max |

Paterson Location: 973-569-6490 · Wayne Location: 973-389-5270





Quality coverage. 3 plans available. Care with a smile.

#### Option 1 – DeltaCare USA Plan

The DeltaCare USA Plan provides access to dentists in New Jersey, New York, and Pennsylvania. This plan pays benefits only when you use a DeltaCare USA network provider. There is no deductible and no annual or lifetime benefit limit. There is no Out-of-Network coverage. Emergency treatment is generally limited to \$100.

#### Selecting The DMO? Select A Primary Care Dentist

Under this plan, you and your family may select the same or different Primary Care Dentists. You may change your Primary Care Dentist prior to the 21st of any month, to begin seeing your newly assigned dentist as of the first of the following month by contacting Delta Dental. Referrals are required for services to be provided by In-Network specialists. The DeltaCare USA Plan only provides access to Pediatric dentists upon referral from your Primary Care Dentist.

#### **Option 2 – Delta Dental PPO Plan**

If you enroll in this plan, you can receive care from a Delta PPO network dentist, or you may seek care outside the network at any time. Delta Dental PPO dentists are located in New Jersey, New York and throughout the United States.

The PPO Plan provides coverage for many services including preventive, basic and major. When you stay within the network, dentists have agreed to accept Delta Dental's fee schedule. For services obtained outside the network, Delta has established a "Maximum Allowable Charge" (MAC) for all services. If you visit a non-participating provider, you may be subject to balance billing since these dentists are not contracted with Delta Dental.

#### Option 3 – Delta Dental PPO Plus Premier Plan / Advantage Plan

The PPO Plus Premier Plan includes 3 Delta Dental networks of dentists. The PPO network is a national network, these dentists have agree to the lowest fees. The Premier network is Delta Dental's largest national network. The Advantage network, which is a NJ network of dentists. As with the PPO Plan, the PPO Plus Premier/Advantage Plan provides the highest level of coverage when you use dentists within the Delta network. You may still go to an out-of-network provider, but you may be subject to balance billing.

#### **NEED AFFORDABLE BRACES?**

St. Joseph's offers you the convenience and expertise of our own in-house dental center for orthodontia services under any of the dental plans - including the DeltaCare USA Plan with a referral from your Primary Care Dentist (PCD). Our experienced orthodontists are prepared to provide you with preferred appointment scheduling and treatment plans at a cost that will make these services far more accessible than you might have thought. Payroll deduction is available for charges not covered through insurance. Contact the St. Joseph's Dental Center at 973-754-4250.

# DENTAL

#### Your Dental Plan Options:

| General Questions                              | Option 1<br>DeltaCare USA Plan                    | Option 2<br>Delta Dental PPO |                      | Delta Denta                                  | on 3<br>al PPO Plus<br>mier |
|--|---|------------------------------|----------------------|--|-----------------------------|
|  | In-Network Only                                   | In-Network                   | Out-of-Network       | In-Network                                   | Out-of-Network              |
| Where can I go to receive benefits?            | Your elected DeltaCare<br>USA<br>network dentist* | Delta PPO<br>network dentist | Any licensed dentist | Delta PPO Plus<br>Premier network<br>dentist | Any licensed dentist        |
| Do I have to choose a<br>Primary Care Dentist? | YES   | NO                           | NO                   | NO   | NO                          |

\*If you do not elect a dentist through the DeltaCare USA program, you will experience a disruption in coverage. If you want to change dentists, you must notify DeltaCare USA or you will experience a disruption in coverage.

| Benefit Description   | YOU PAY  | YOU PAY  | YOU PAY                           | YOU PAY           | YOU PAY                                     |
|---|--|--|-----------------------------------|-------------------|---|
| Annual Deductible<br>Individual/Family Limit  | None/None  | \$50/\$150<br>Deductible waived for Preventive<br>& Diagnostic services        |                                   |                   |   |
| Calendar Year Maximum<br>(per patient)  | N/A  | \$1,2  | 200**                             | \$1,5             | 00**  |
| <b>Preventive &amp; Diagnostic Care</b><br>Includes oral exams, cleanings,<br>x-rays                        | 0%   | 0%   | 0%; you may be balance billed     | 0%                | 0%; you may be<br>balance billed            |
| <b>Limitations on:</b><br>Exams<br>Cleanings  | 1 per 6 months<br>1 per 6 months   | 2 per calendar year 2 per calendar<br>3 per calendar year 3 per calendar       |                                   |                   |   |
| Basic Treatment<br>Includes fillings, endodontics,<br>periodontics, oral surgery,<br>anesthesia             | Scheduled<br>Copayments*   | 50%  | 50%; you may<br>be balance billed | 20%               | 20%; you may<br>be balance billed           |
| <b>Major Treatment</b><br>Includes inlays and onlays,<br>crowns, bridges (implants<br>under PPO plans only) | Scheduled<br>Copayments*   | 70%  | 70%; you may be balance billed    | 50%               | 50%; you may<br>be balance<br>billed.       |
| <b>Orthodontics</b><br>Children + Adults  | Estimated<br>\$1,820 – \$2,770 copay<br>for 24 month case and<br>retention | Delta Dental pays up to 50%, with<br>a \$1,500 Lifetime Maximum per<br>patient |                                   | a \$1,500 Lifetin | s up to 50%, with<br>ne Maximum per<br>ient |

**\*\*Benefit Maximum Rollover:** If you use less than 50% of the dental plan maximum benefit during the year and you receive at least 1 dental exam or cleaning, 25% of your unused benefits will be carried over to the next year. This will provide you with additional benefits to be used in the future in the event that you do not need them in the current year. This benefit applies separately to each member of your family covered under the plan. Please call Delta Dental at 1-800-452-9310 to obtain your carryover amounts.

## +

#### ADDITIONAL NETWORK SAVINGS

Delta PPO Plus Premier Plan members can save on out-of-pocket costs when they choose to use network dentists who also participate in the PPO Plan. The charges for services provided by these dentists will automatically be adjusted to the PPO Plan schedule. This means that your out-of-pocket cost for the portion of the charge that you pay for Basic, Major and Orthodontic services will be lower.

VISION benefits



Quality coverage. Affordable care. *Keep your vision in focus.* 

St. Joseph's Health recognizes that eye care is a very important part of your overall health, and as such we offer Vision Care benefits for you and your eligible dependents through one of the nation's largest vision providers—VSP. The VSP plan provides coverage for routine exams and corrective eye wear for you and your family, and features an extensive network of independent and retail chains. Members can easily locate participating providers by phone at **1-800-877-7195** or via the web at **www.vsp.com** 24/7. You must use the VSP network of providers in order to receive benefits at the in-network coverage level.

| Service Frequency   | VSP Vision Plan   |  |  |  |
|---|---|--|--|--|
| (Plan Year)   | In-Network  | Out-of-Network   |  |  |
| Eye Exam<br>Lenses<br>Contact Lenses<br>Frames  | Once every 12 months<br>Once every 12 months<br>Once every 12 months<br>Once every 12 months  |  |  |  |
| Benefit Description   | In-Network  | Out-of-Network Allowance   |  |  |
| Eye Exam  | \$10 copay  | Up to \$45   |  |  |
| Lenses<br>Single Vision<br>Bifocal<br>Trifocal<br>Lenticular<br>Standard Progressive<br>Ultra Progressive | \$20 copay*<br>\$20 copay*<br>\$20 copay*<br>\$20 copay*<br>Covered 100%<br>\$140 copay   | Up to \$30<br>Up to \$50<br>Up to \$65<br>Up to \$100<br>Up to \$50<br>N/A |  |  |
| Frames  | All Frames at a VSP Network Provider:<br>\$200 retail allowance after \$20 copay;<br>\$250 allowance for featured frame brands;<br>\$110 allowance at Costco and Walmart;<br>20% discount on additional costs | Up to \$70   |  |  |
| Contact Lenses<br>(in lieu of glasses)*   | In lieu of Lenses & Frame<br>Up to \$200 retail allowance; up to \$60 copay for<br>fitting and exam   | In lieu of Lenses & Frame Up to \$105                                      |  |  |

\*If the frame copay is applied, the copay for prescription lenses will be waived.

#### **ADDITIONAL SAVINGS**

**Glasses & Sunglasses:** 20% off additional glasses and sunglasses from any VSP provider within 12 months of your last WellVision Exam

**Retinal Screening:** No more than a \$39 copay on routine retinal screening as an enhancement to a WellVision Exam

# FLEXIBLE spending accounts



## Save now, Spend later. *Don't leave anything on the table.*

FSAs allow you to save for eligible expenses on a pretax basis. You can redirect a portion of your pay into a Flexible Spending Account (FSA). Because you do not pay Federal and Social Security taxes on money that goes into your FSA, you decrease your taxable income and potentially **increase your spendable income**.

#### **Healthcare FSA**

The Healthcare Flexible Spending Account provides you with the ability to save money for any IRSallowed health expenses not covered by your group benefit plans. These expenses include deductibles, copayments and coinsurance payments, routine physicals, uninsured dental expenses and orthodontia, vision care expenses (i.e., eyeglasses or contact lenses), and hearing care expenses (i.e., a hearing exam or a hearing aid).

With the Healthcare Flexible Spending Account, you can be reimbursed an amount up to the total annual contribution you have elected regardless of your account balance. You can begin to use all or some of the total amount elected as soon as the plan year begins.

The maximum annual amount you can deposit into the Healthcare Flexible Spending Account is \$3,050.

#### **Dependent Care FSA**

A **Dependent Care FSA** allows you to save for day care expenses for your child, disabled parent or spouse that enable you and your spouse (if applicable) to work full-time and/or attend school on a full-time basis. **Generally, expenses are eligible if they are the result of care for:** 

- Your children, under the age of 13, for whom you are entitled to a personal exemption on your federal income tax return.
- Your spouse or other dependents, including parents, who are physically or mentally incapable of self-care.

#### The maximum annual amount you can deposit into a Dependent Care FSA is \$5,000, or \$2,500 if both you and your spouse elect the benefit and you file your taxes separately.

The annual amount you choose to deposit will be divided evenly over the pay periods in the plan year. It is important to note that you can only be reimbursed for dependent care services up to the balance you have in your account. If you submit a claim for an amount that exceeds your account balance, you will be reimbursed on a pay period basis until you have made enough additional contributions to cover the expenses.



#### Transit Spending Account (Qualified Transportation Expense Plan)

These benefits allow you to pay for all or part of your work-related transportation expenses using pretax dollars on a monthly basis. Up to **\$300 per month** (\$3,600 annually) in **mass transit expenses** can be paid on a pre-tax basis when enrolled in transit benefits. Eligible expenses include transit passes (for example, tokens, fare cards, vouchers, etc.) If your transit expenses exceed the pretax limit of \$300 per month, consider depositing additional funds on a post-tax basis to cover your expense.



#### FSA Facts

- > The FSA benefit period runs from January 1, 2023 to March 15, 2024.
- > FSA funds CANNOT be transferred from one account to another. For example, you are not allowed to take the dollars available in a Healthcare FSA and transfer them into a Dependent Care FSA.
- > A Healthcare FSA can be used to reimburse qualifying expenses that both you and your eligible dependents incur, even if those dependents are not covered under your Benefit Plans.
- Solution Strategy Strategy



#### Submitting FSA & Transit Claims: 3 convenient ways to submit:



#### Your FSA Debit Card

Using the FSA Debit Card is the quickest and most convenient way to get reimbursed. Every time you swipe your card for an eligible expense, it automatically draws funds from your FSA - so there is no need to wait for reimbursement.



#### myFlexDollars.com

You can submit your claims conveniently online through www.myFlexDollars.com.

Although reimbursement is not immediate, you have access to tools that make the process easier, such as the receipt upload tool.

#### MFD Mobile App

The myFlexDollars Mobile App allows you to submit a claim on-the-go. Using your mobile device, simply choose the account type, the date, and the amount of your expense. Then use your device to take a picture of your receipt and upload it.

## LIFE BENEFITS basic and voluntary

Life Insurance is an important part of your financial security, especially if others depend on you for support. That's why St. Joseph's provides all full-time and part-time benefit-eligible employees with Basic Life and Accidental Death and Dismemberment (AD&D) Insurance at no cost to you, as well as the option to purchase Supplemental Life and AD&D Insurance. Your Basic and Supplemental Life Insurance benefits are supplied by MetLife.

#### **Basic Life and AD&D Insurance**

The amount of your Basic Life and AD&D Insurance depends on whether you are a exempt (salaried) or non-exempt (hourly) employee. AD&D Insurance provides benefits if you die or are seriously injured in an accident. Part of your benefit may be paid to you if you lose a limb or the ability to see, hear or speak. For more information, please see your Summary Plan Description.

| Employee Type       | Basic Life Insurance* | Basic AD&D Insurance* |
|---------------------|-----------------------|-----------------------|
| Non-Exempt Employee | 1x your salary        | 1x your salary        |
| Exempt Employee     | 2x your salary        | 2x your salary        |

\*Coverage is provided up to a maximum of \$1,000,000, with no Evidence of Insurability required.

Important: All employees who are eligible for Basic Life and AD&D Insurance are required to make a beneficiary designation online at www.sjhsbenefits.org.

#### **Employee Supplemental Life and AD&D Insurance**

In addition to your Basic coverage, you may also elect Supplemental Life and AD&D coverage for yourself. You can elect an amount of coverage equal to 1, 2, 3 or 4 times your salary. The Supplemental coverage that you elect for yourself cannot exceed \$750,000.

#### **Spouse Life Insurance**

You may elect to purchase up to \$100,000 in Life Insurance coverage for your spouse in increments of \$10,000. The coverage you elect for your spouse may not exceed \$100,000 or 50% of your combined Basic and Supplemental Life Insurance coverage, whichever is less.

#### **Child Life Insurance**

If you elect to enroll for dependent child coverage, all of your eligible children between the age of 6 months and age 26 are automatically covered. Eligible children include stepchildren, foster children and children for whom you have legal guardianship. You may elect to purchase coverage of \$5,000, \$10,000 or \$25,000. The coverage you elect for your children may not exceed \$25,000 or 50% of your combined Basic and Supplemental Life Insurance coverage, whichever is less.

**Evidence of Insurability (EOI):** EOI is an insurance company requirement that you provide proof of good health prior to receiving certain coverage. Supplemental and Spouse Life Insurance amounts requiring EOI do not become effective and are not deducted from your pay until EOI is provided and approval is obtained from MetLife.

**Employee:** EOI is required for (1) any application for coverage of more than 3 times your salary when first eligible, (2) any requests to enroll for coverage after you have initially declined to enroll, and (3) applications to increase coverage by any salary increment.

Spouse: EOI is required for (1) any amount elected in excess of \$40,000 when first eligible, and (2) any requests to add or increase coverage after your initial election.

## DISABILITY benefits

#### Leave of Absence: Metlife

Employees may contact Metlife by phone at 833-622-0135 Monday - Friday 8:00am-11:00pm EST or online at www.metlife.com/mybenefits to initiate the leave process.

Short-Term Disability is provided through a private plan insured by Metlife. This coverage provides a weekly benefit that equals 85% of your salary to a maximum amount as established by the state of New Jersey, after you have been disabled due to injury or illness for seven consecutive days (from the date of injury or illness). Coverage extends for a maximum duration of 26 weeks from the date of injury or illness. An employee may supplement their Short-Term Disability benefit by electing to be paid their accrued and available Paid Time Off (PTO) which consists of the Extended Sick Bank (ESB) and the Benefit Time Bank (BTB) hours provided by St. Joseph's.

Instructions on how to apply for leave of absence will be available via the St. Joseph's Human Resource intranet page under Benefit Information. All leaves of absence, including Short-Term Disability, FMLA and statutory equivalents will be administered by Metlife.

#### Long-Term Disability (LTD)

Long-Term Disability coverage at St. Joseph's is insured by MetLife Insurance Company. This benefit protects you and your family financially if you have an injury or illness that keeps you away from work for an extended period of time. There are two types of coverage available: Administrative LTD or Voluntary LTD. Detailed descriptions are provided below.

#### Administrative LTD Coverage (Automatic Coverage)

LTD coverage is automatically provided to the following groups of employees at no cost (when scheduled to work at least 20 hours per week):

| > administrators | > nurse midwives | > physicians |
|------------------|------------------|--------------|
|                  |                  |              |

- > directors
- > medical residents > managers
- > supervisors

If you remain disabled for 90 days, you will be eligible to receive an LTD benefit that equals 60% of your base pay up to a monthly maximum of \$27,500. Benefits may be offset by income from other sources, including Social Security. Please see the LTD Summary Plan Description for benefits beginning at age 60 and older.

#### Tax Choice Option for Administrative LTD

Participants in the Administrative LTD program may choose to have the premium that is paid by St. Joseph's on their behalf reported as income during the year and in the year end W-2. By choosing to report the LTD premium paid by St. Joseph's for you as income, any benefits you might receive in the event of a disability will be paid to you on a tax-free basis. For additional information on the Tax Choice option, review your enrollment materials or contact the Employee Benefits Center at 1-800-307-0230.

#### Voluntary LTD

All other regular full-time and gualified part-time employees can choose from the following Voluntary LTD options:

|  | Voluntary<br>LTD Plan A            | Voluntary LTD<br>Plan B                |
|--|------------------------------------|--|
| % of Your Base Pay that You Will Receive | 60%*                               | 60%*                                   |
| Maximum Monthly<br>Benefit               | \$9,000                            | \$9,000                                |
| Benefit Begins                           | After <b>90 days</b> of disability | After <b>180 days</b><br>of disability |

\*This amount may be offset by other income or payments from other sources. Base Pay is subject to review and adjustment based upon the actual hours worked prior to a disability.

Premiums for Voluntary LTD are based on base salary, age band and option chosen.

Please note: MetLife is solely responsible for determination of disability and benefits eligibility.

# RETIREMENT

#### 403(b) Retirement Savings Plan (Plan ID 63182)

Invest in your retirement and yourself today. Enroll in the St. Joseph's Health 403(b) Retirement Savings Plan at any time by logging on to Fidelity NetBenefits® at **www.netbenefits.com/atwork** or by calling a Fidelity representative at **1-800-343-0860**. New hire employees will be enrolled automatically in the 403(b) Retirement Plan at 2% of base salary. The 403(b) annual deferral limit for 2023 is **\$22,500**; the catch up limit is **\$7,500**. If you are age 50 or older in 2023, the total maximum you can contribute on a pre-tax basis is **\$30,000**.

## All benefit-eligible employees will receive an Employer Match Contribution which is based on years of service, at a percentage of your base salary, and your employee contributions.

- > St. Joseph's Health will match your contributions at 1% of the first 2% of your pay.
- > At 5 years of service, SJH will match your contributions at 1.5% of the first 2% of your pay.

#### **Employer Basic Contributions**

St. Joseph's also has an Employer Basic Contribution, available immediately to all Benefit Eligible employees. The Employer Basic Contribution to your Plan account will be based on years of service, as shown at right.

| Years of Service | Employer Basic<br>Contribution | Years of<br>Service | Employer Basic<br>Contribution |
|------------------|--------------------------------|---------------------|--------------------------------|
| 1-9              | 2.00%                          | 30-34               | 4.00%                          |
| 10-19            | 2.50%                          | 35-40               | 4.50%                          |
| 20-24            | 3.00%                          | 41+                 | 5.00%                          |
| 25-29            | 3.50%                          |                     |                                |

The maximum SJH contribution in any Plan Year will be the maximum Compensation that may be taken into consideration as defined by the IRS limitation multiplied by the applicable percentage (as defined below).

| Years of<br>Service | Employer<br>Basic | Match | Compen-<br>sation<br>Limit | Total Max.<br>Basic<br>Contribution | Total Max.<br>Match<br>Contribution | Years of<br>Service | Employer<br>Basic | Match | Compen-<br>sation<br>Limit | Total Max.<br>Basic<br>Contribution | Total Max.<br>Match<br>Contribution |
|---------------------|-------------------|-------|----------------------------|-------------------------------------|-------------------------------------|---------------------|-------------------|-------|----------------------------|-------------------------------------|-------------------------------------|
| Under 5             | 2%                | 1%    | \$330,000                  | \$6,600                             | \$3,300                             | 25-29               | 3.5%              | 1.5%  | \$330,000                  | \$11,550                            | \$4,950                             |
| 5-9                 | 2%                | 1.5%  | \$330,000                  | \$6,600                             | \$4,950                             | 30-34               | 4%                | 1.5%  | \$330,000                  | \$13,200                            | \$4,950                             |
| 10-19               | 2.5%              | 1.5%  | \$330,000                  | \$8,250                             | \$4,950                             | 35-40               | 4.5%              | 1.5%  | \$330,000                  | \$14,850                            | \$4,950                             |
| 20-24               | 3%                | 1.5%  | \$330,000                  | \$9,900                             | \$4,950                             | 41+                 | 5%                | 1.5%  | \$330,000                  | \$16,500                            | \$4,950                             |

#### 457(b) Retirement Savings Plan (Plan ID 91927)

In addition to the SJH 403(b) retirement plan, eligible employees (Managers and above, including employed physicians) may contribute an additional **\$22,500** (pre-tax) to the SJH 457(b) retirement plan.

#### 457(b) and 403(b) Comparison

| 457(b) and 403(b) Comparison  | 457(b) Plan                      | 403(b) Plan                   |  |
|---|----------------------------------|-------------------------------|--|
| Plan available for All Employees  | No - Managers<br>and Above       | Yes                           |  |
| Deferral Maximum for 2023   | \$22,500                         | \$22,500                      |  |
| "Age 50" Catch-Up Deferrals   | No                               | Yes - \$7,500                 |  |
| Methods of Contribution   | Flat Dollar Amount               | Percentage (1-50%)            |  |
| Vesting Permissible for Employer<br>Contributions                                       | Yes                              | Yes                           |  |
| Loans Available   | No                               | Yes                           |  |
| Investment Flexibility  | Yes – Participant<br>Directed    | Yes – Participant<br>Directed |  |
| Creditor Protection   | No – Unfunded Plan               | Yes                           |  |
| Must a Spouse be the Beneficiary<br>unless my Spouse Consents to<br>Another Beneficiary | No – Can name any<br>Beneficiary | Yes                           |  |

| 457(b) and 403(b) Comparison   | 457(b) Plan   | 403(b) Plan       |
|--|---|-------------------|
| QDRO Rules Apply   | Yes – Similar to<br>QDROs                           | Yes               |
| In-Service Distribution Restrictions   | Yes   | Yes               |
| Required Minimum Distribution Rules at 70½   | Yes   | Yes               |
| Rollovers to/from Eligible Plans   | No  | Yes               |
| Direct Transfers to/from Same Plan<br>Type   | Yes   | Yes               |
| Distributions Available on Account:<br>Death<br>Disability<br>Financial Hardship<br>Age 59 | Yes<br>Yes<br>No – (Except in<br>Emergencies)<br>No | Yes<br>Yes<br>Yes |

## Healthcare Employee Federal Credit Union

HEFCU is a not-for-profit, federally insured, member-owned financial cooperative located in Princeton, NJ. Charted in 1984, HEFCU provides credit union services to employees of hospitals, nursing homes and healthcare facilities throughout New Jersey. Partnerships with major associations and health systems, including Saint Joseph's Medical Center, HEFCU has about 17,000 members from over 300 healthcare and other organizations, and approximately \$144 million in assets. HEFCU offers a full range of deposit, loan and convenience products, including:

- > Direct Deposit
- > Interest Bearing Checking Accounts
- > Youth Accounts
- > FREE Online Services, including online banking, electronic statements and Bill Payer with a checking account
- > ATM/Visa Debit Cards
- > New/Used Auto Loans
- > Home Equity Loans
- > No-surcharge access to more than 2,000 ATMs in NJ (55,000 nationwide)
- > Student Loans through Sallie Mae
- > First Mortgages
- > Personal Loans
- > Visa Credit Card
- > Access to 50+ Shared Branch locations in NJ (over 4,000 nationwide)

Interested in joining? Visit www.HEFCU.com or call 1-800-624-3312.

**Employee Assistance Program** *MetLife EAP Services (through LifeWorks):* The program's experienced counselors provided through LifeWorks – one of the nation's premier providers of Employee Assistance Program services – can talk to you about anything going on in your life, including:

> Family

- > Work
   > Identity Theft Recovery
- > Money > Health
- > Everyday Life

> Legal Services

You receive up to 5 phone or video consultations for you and your eligible household members, per issue, per calendar year. Call **1-888-319-7819** or schedule an appointment, 24/7/365. Log on to **metlifeeap.lifeworks.com** (username: metlifeeap; pw: eap)



Our mobile app makes it eay for you to access and personalize educational content important to you. Search "LifeWorks" on iTunes App Store or Google Play. Log in with the username and password above.

**Paid Time Off (PTO):** Paid time off (PTO) is a single pool of leave that permits employees to decide how and when they use their accrued time. You accrue PTO as indicated in the chart below.

| BENEFIT TIME BANK (BTB) ANNUAL ACCRUAL            |          |          |          |           |           |           |
|---|----------|----------|----------|-----------|-----------|-----------|
| Position  | 1st Year | 3rd Year | 5th Year | 10th Year | 20th Year | 25th Year |
| Department Head/Nurse; Managers/Doctors/Residents | 29 days  | 29 days  | 29 days  | 29 days   | 31 days   | 34 days   |
| Supervisory                                       | 24 days  | 29 days  | 29 days  | 29 days   | 31 days   | 34 days   |
| Professional/Technical                            | 24 days  | 24 days  | 29 days  | 29 days   | 31 days   | 34 days   |
| LPN/Clinical Partner                              | 21 days  | 24 days  | 24 days  | 29 days   | 31 days   | 34 days   |
| Clerical, Service and Others                      | 19 days  | 19 days  | 24 days  | 29 days   | 31 days   | 34 days   |

> You may use PTO for scheduled events, such as: Vacations, Family care, Holidays, Personal needs

> You may use PTO for unscheduled time off for events such as: Emergencies, Sickness

**Holidays:** In addition to the Benefit Time Bank days indicated in the chart above, St. Joseph's provides all employees with seven paid holidays each year. These holidays are:

- > New Year's Day
- > Martin Luther King Jr. Day
- > Independence Day
  - Labor Day
- > Thanksgiving Day
  - Christmas Day
- > Memorial Day

# WORK/LIFE



#### **Tuition Reimbursement Program**

Employees who have successfully completed their introductory period and have enrolled in a degree program pertaining to their current position or the hospital, can apply for tuition reimbursement. St. Joseph's Health will refund full-time employees up to \$5,000 and part time employees \$2,500 a year from January 1 through December 31 for approved courses. Reimbursement may not exceed the total tuition cost of the course. Tuition reimbursement applications are located on the Employee Intranet along with further explanation of the tuition reimbursement policy.



#### Discount Program Exclusively For St. Joseph's Employees And Their Families

St. Joseph's Health has collaborated with Beneplace to offer you a top-notch employee discount program. This program features exclusive offers on products and services you use every day, including electronics, gifts, wireless service and more. Be sure to browse the convenient, easy-to-use platform to take advantage of your voluntary benefits and discounts.

#### How to Access your Employee Discounts

To access the program, all you have to do is visit **www.beneplace.com/sjh** from your computer, laptop, tablet or phone. There, you'll be able to search for specific deal or browse by category to find and compare products. Bookmark the web address and visit regularly – new deals and seasonal discounts will be added often. A "St Joseph's Health Specials" section will feature even deeper, limited time deals.

You can save hundreds of dollars a year! Providers like AT&T and Verizon will offer employee discounts on their services so you can lower your monthly wireless bill. Plus, shop for tablets, computers and laptops from top providers like Dell, HP and Lenovo. In addition, you'll be able to nominate local providers who you'd like to see offer discounts on the site. To nominate a local provider, locate the "Nominate a Brand" form by clicking on the "Support" tab on the discount program homepage. There you can provide information directly to Beneplace to have the provider considered for the discount program.

#### **Other Benefits**

Many other benefits may be available to you as an employee of St. Joseph's. These benefits include, but are not limited to the following:

- St. Joseph's Educational Programs (offered at both campuses)
- > Cafeteria Subsidy
- > Paycheck Direct Deposit
- > Onsite day care (Paterson campus)
- > Employee Credit Unions

## INCOME PROTECTION voluntary benefits

You have the option of electing from several voluntary income protection benefit products through Lincoln Financial. These benefits provide an added layer of protection when you need it the most.

#### **Group Accident Insurance:**

You can't predict when an accident might happen, but you can plan for it. Accident Insurance provides a cash benefit if you or a loved one is injured in an accident. You can use the money however you like – to cover a copay or deductible, pay for everyday living expenses, or even make a purchase – and you can receive multiple benefits if you suffer more than one injury in an accident. As an employee, you can take advantage of this accident insurance plan. Plus, you can add loved ones to the plan for just a little more. Examples of Covered Benefits include: Emergency Treatment, Fractures, Dislocations, Specific Injuries, Hospitalizations and Ongoing Care, Recovery assistance, Moving Vehicle Benefits, Accidental Death & Dismemberment Benefit.

#### **Group Critical Illness Insurance:**

Critical Illness insurance can help take some of the worry out of getting sick and the financial challenges that can bring. If you or a loved one is diagnosed with a covered illness or event, you receive a cash benefit. This is not a substitute for health insurance, but it does provide benefits in addition to any other insurance you may have. You can use the cash to help pay for a treatment not covered by your other insurance however you like. Examples of Covered Conditions include: Heart attack, Stroke, Cancer, Kidney Failure, Major Organ Failure, Arterial/vascular disease, severe burns, permanent paralysis and traumatic brain injury.

| Coverage for You                     | \$10,000, \$20,000, \$30,000   |
|--------------------------------------|--|
| Coverage for Your Spouse             | \$5,000, \$10,000 or \$15,000 (up to 50% of the employee coverage amount)                  |
| Coverage for Your Dependent Children | \$10,000 (up to 50% of the employee coverage amount)                                       |
| Embedded dependent children coverage | Your dependent children automatically receive 50% of your coverage amount at no extra cost |
| Health Assessment / Wellness Benefit | Level: \$50 each year  |

#### **Short-Term Insurance:**

Many medical conditions can keep you out of work. But you need to keep up with your financial obligations while you recover. Short-term disability insurance replaces a portion of your income, providing a weekly cash benefit while you are out of work for a limited period due to an illness, injury, surgery or recent childbirth.

| Short Term Disability for Employees NOT in Statutory States – At A Glance | Short Term Disability for Employees in Statutory States – At A Glance |
|---|---|
| > A cash benefit of 60% of your weekly salary (up to \$1,500)             | > A cash benefit of 60% of your weekly salary (up to \$1,500)         |
| when you are out of work for up to 26 weeks due to injury,                | when you are out of work for up to 26 weeks due to injury,            |
| illness, surgery, or recovery from childbirth                             | illness, surgery, or recovery from childbirth                         |
| > A partial cash benefit if you can only do part of your job or           | > A partial cash benefit if you can only do part of your job or       |
| work part time  | work part time  |
| > A prompt, responsive claim process                                      | > A prompt, responsive claim process                                  |

# INCOME PROTECTION voluntary benefits

#### MetLife Hospital Indemnity Insurance

Hospital visits and stays are costly and often unexpected. If you are out of work, you may have trouble meeting essential household expenses such as your mortgage and car payments, on top of any medical expenses that you need to cover like deductibles, copays and out-of-network care or treatments. It all adds up. But with hospital indemnity insurance, you receive a lump-sum payment to use how you see fit, including to help cover costs that result from a hospitalization.vWith MetLife, you'll have a choice of two comprehensive plans (called the "High Plan" and the "Highest Plan") which provide lump sum cash payments for covered events regardless of any other payments you may receive from your medical plan.

#### MetLife Whole Life Insurance

Whole Life Insurance may be a great supplement to any term life insurance you may already have because it can help protect your loved ones for your entire life, not just while you're working. Whole Life Insurance is permanent coverage you own; it can never be cancelled, even if your health changes. Available coverage is subject to certain minimums and maximums.

Guaranteed Issue maximums are available in the employee's initial period of eligibility by answering "Yes" to the question ("Are you at work on a full-time basis, performing your usual duties?"). After the initial enrollment period guaranteed issue maximums are subject to change.

#### Auto and Home Insurance Program

While it's easy to just pay your auto and home insurance renewal when it comes due, it makes good financial sense to review your policies to make sure you have the coverage you need at the most competitive prices. It makes even more sense when you have access to special program rates, as a result of your St. Joseph's employment, on auto, home, condo, and renters insurance from Travelers and NJ Manufacturers Insurance Group. You can request free, no-obligation quotes from licensed insurance representatives by contacting either company. Please keep in mind that you can request quotes and/or apply for coverage at any time during the year.

- > NJ Manufacturers Insurance Group: www.njm.com or 1-800-232-6600 (NJM code for auto insurance: 37849)
- > Travelers: www.travelers.com/sjhcs or 1-888-695-4640
- > MetLife: www.metlife.com or call 1-800-GET-MET-8 (438-6388) (MetLife code ES9)

# ID THEFT/CREDIT MONITORING

Ever wonder what's going on with your credit and wish you could keep an eye on it 24 hours a day? With the protection of Identity Theft and Credit Monitoring benefits, you can stop wondering and leave the credit watching to someone else. You can choose between **three (3) ID Theft and Credit Monitoring plans.** Two of the plans are offered through Countrywide and one is offered through MetLife.

#### Countrywide Voluntary Complete 24/7 Identity Theft and Credit Monitoring Plans

Both of the Countrywide plans provide:

- > Triple Credit Monitoring > \$1,000,000 ID Theft Insurance including up to \$1M in electronic funds
- > Fraud Restoration Services > Credit Reports Every 30 Days

The Countrywide ID Theft Plus with VPN protection features some additional benefits.

#### **Countrywide ID Theft Plan**

#### Benefit Description

Experian, Equifax & TransUnion Credit Reports & Scores 24/7 3-Bureau Daily Credit Monitoring & Email Alerts \$1,000,000 ID Theft Insurance Identity Monitoring & Alerts Dark Web/Cyber Monitoring & Alerts ID Theft Fraud Restoration Services Application Monitoring & Alerts Family Protection\* Change of Address Monitoring & Alerts Credit Score Tracker & Score Change Alerts Credit Score Stimulator **Checking Account Reports** Enhanced Credit Reporting & Alerts Synthetic ID Theft Monitoring SSN Monitoring & Alerts Criminal Record Monitoring Lost Wallet Protection & Replacement Assistance File Sharing Monitoring & Alerts Opt Out of Junk Mail (Do Not Call List) ID Theft Prevention Kit & ID Theft Victim Assistance **Online Knowledge Center** 

#### **Countrywide ID Theft Plus with VPN protection** (for up to 4 products)

| Benefit Description  |                        |                 |  |  |  |
|--|------------------------|-----------------|--|--|--|
| Includes all of the services detailed under the Countrywide ID Theft Plan option, plus, the following benefits:  |                        |                 |  |  |  |
| Cyber threat intelligence technologies analyzes and identifies sus-<br>picious network level activities and blocks sophisticated exploits,<br>malware or botnet related URLs and brute force attacks |                        |                 |  |  |  |
| Next gen solution to cover cybersecurity for Windows, MacOS, Android and IOS devices (up to 10 devices)  |                        |                 |  |  |  |
| Protection against threats across operation systems without draining your battery  |                        |                 |  |  |  |
| Bitdefender VPN, Anti Trac   | cker, Microphone Monit | tor and Safepay |  |  |  |
| Bi-Weekly Cost For ID Theft Services   |                        |                 |  |  |  |
|  |                        |                 |  |  |  |
| Coverage Tiers Countrywide ID Countrywide ID<br>Theft Plan Theft Plan w/VPN  |                        |                 |  |  |  |
| Employee Only  | \$3.81                 | \$6.44          |  |  |  |
| Employee & Child(ren)  | \$6.92                 | \$12.18         |  |  |  |
| Employee & Spouse  | \$7.28                 | \$13.04         |  |  |  |
| Family   | \$7.28                 | \$13.04         |  |  |  |

#### MetLife ID Theft Plan

MetLife Identity & Fraud Protection powered by Aura is an all-in-one digital security solution that helps safeguard what matters to you most: your identity, money and assets, family, reputation, and privacy. With the MetLife ID Theft Plan, you get:

- > Alerts: for new inquiries to your credit, suspicious transactions on your back accounts, and changes to your car or home title.
- Digital Security: Shop, bank, and work online more privately with safety tools including VPN/Wi-Fi security, antivirus, and password manager. Aura also requests removal of your personal info from data broker lists to help reduce spam like robocalls, robotexts, and more.

| Coverage Tiers | Bi-Weekly Cost For ID Theft Services |
|----------------|--------------------------------------|
| Employee Only  | \$4.59                               |
| Family         | \$7.64                               |



#### **Countrywide Voluntary Group Legal Plan**

You have two (2) plan options available through Countrywide Legal:

#### 1. Group Legal Plan

The Voluntary Group Legal Plans provided by Countrywide Pre-Paid Legal Services provides all eligible employees, their spouses and dependents up to age 26 at no additional cost with access to high quality local attorneys and comprehensive legal services at discounted rates or not cost at all through a nominal bi-weekly payroll deduction. Your use of Countrywide Pre-Paid Legal Services is confidential. Countrywide shares no information about you with St. Joseph's.

#### 2. Group Legal Plan Plus (new for 2023)

The Voluntary Group Legal Plan Plus includes the Group Legal Plan benefits described in the chart and **the** additional DIY (Do it Yourself) Document Drafter service. The benefit provides online customized legal drafting and advice of over 50 documents that you and your family need such as Wills, Trusts, Power of Attorneys for Finance, Leases and Rental Agreements, Personal and Elder Care agreements and much more. You can prepare documents instantly on your computer, phone or tablet while saving hundreds or even thousands of dollars in legal fees.

| <b>Benefit Description</b>                         |                      | Private Attorney's Fees | Your Fees with Countrywide  |  |  |
|--|----------------------|-------------------------|---|--|--|
| Unlimited Phone Consu                              | Itations & Advice    | \$250-\$450 per hour    | NO CHARGE   |  |  |
| Face-to-Face Consultat                             | tions                | \$250-\$450 per hour    | NO CHARGE   |  |  |
| Simple Wills                                       |                      | \$400-\$1,000 each      | NO CHARGE   |  |  |
| Living Wills & Medical F                           | Powers of Attorney   | \$250-\$650 each        | NO CHARGE   |  |  |
| <b>Review of Legal Docum</b>                       | ents (up to 6 pages) | \$250-\$450 per hour    | NO CHARGE   |  |  |
| Advice on Government                               | Programs             | \$250-\$450 per hour    | NO CHARGE   |  |  |
| Advice on Small Claims                             | Court                | \$250-\$450 per hour    | NO CHARGE   |  |  |
| Legal Letters & Phone                              | Calls                | \$250-\$450 per hour    | NO CHARGE   |  |  |
| <b>Consumer Protection &amp;</b>                   | Warranty Problems    | \$250-\$450 per hour    | NO CHARGE   |  |  |
| IRS and State Tax Relie                            | f Advice             | \$250-\$850 per hour    | NO CHARGE   |  |  |
| <b>Identity Theft Preventio</b>                    | n & Assistance       | \$250-\$450 per hour    | NO CHARGE   |  |  |
| Guaranteed Reduced Rates on Other<br>Legal Matters |                      | \$250 and up per hour   | 25% Preferred Discount on Hourly Rates<br>10% Preferred Discount on Contingency Fee |  |  |
|  |                      |                         |   |  |  |
| Coverage Tiers                                     | Country              | wide Legal Plan         | Countrywide Legal Plus Plan   |  |  |
| All Tiers  | \$6.45 bi-weekly     |                         | \$7.82 bi-weekly  |  |  |

#### MetLife Legal Plan with Docuwriter

St. Joseph's Health is pleased to offer you a Legal Plan with unlimited access to experienced attorneys. With a Legal Plan, you can contact an attorney for many matters that arise – from estate planning to handling a traffic matter, identity theft or buying or selling a home. You can choose one from our national network of over 18,500 prequalified attorneys who average 25 years of experience, or you can use an attorney outside of our network and be reimbursed some of the cost.

| Coverage Tiers | Bi-Weekly Cost Legal Services |
|----------------|-------------------------------|
| All Tiers      | \$7.62                        |

To learn more about your coverages and see our attorney network, create an account at members.legalplans.com, or call 1-800-821-6400.

## PET INSURANCE voluntary benefits

#### **MetLife Voluntary Pet Insurance**

St. Joseph's Health understands that our pets are an extension of our family and it is important to keep them safe and healthy. To this end, we offer Voluntary Pet Insurance options through MetLife.

Pet insurance may help to cover the costs associated with accidents and illnesses, chronic conditions, prescription medications, diagnostic testing, non-routine dental treatment, MRIs, CAT scans, ultrasound imaging, specialist treatment, and more! Please call MetLife at **1-800-438-6388** or visit **www.metlife.com** for additional information on this benefit.

#### If you elect this benefit, you will be responsible for paying 100% of the cost.

#### How does Pet Insurance Work?



- **<u>STEP 1:</u>** Select the coverage that's best for your pet and enroll.
- **<u>STEP 2</u>**: When an unexpected accident or Illness occurs, take your pet to the vet.
- **STEP 3:** Pay the bill.
- **<u>STEP 4</u>**: Send your claim + bill to us via email, fax or mail.
- **<u>STEP 5:</u>** Receive reimbursement by check or direct deposit.

Did you know that the average annual cost for a routine vet visit is **\$212** for a dog and **\$160** for a cat; and average annual cost for a surgical vet visit is **\$426** for a dog and **\$214** for a cat? You can reduce these bills by enrolling in Pet Insurance!

#### Virgin Pulse Employee Wellness Portal

The Virgin Pulse Wellness Program gives you the tools to get active, get healthy, and get rewarded. It's an easy to use program that helps you make healthy decisions like being more active, drinking more water, getting enough sleep, and a lot more. Healthy behaviors like these deliver noticeable benefits like reducing your risk of certain diseases, increasing your focus, and just making you feel great!

#### Engage in activities that fit your interests

Learn easy ways to get more active, eat well, and manage life's ups and downs-every day!

#### Challenges

Rally your coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

#### Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

#### Healthy Habits

Healthy Habits offer you bite-size ways to build a healthy routine and improve your wellbeing. Over time, these small steps add up to big changes that'll make you successful. Whether you're looking to eat more veggies or get to bed before 10, you'll select Healthy Habits to work on and track each day.

#### **Journeys**®

Want to exercise more? Better manage a health issue? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time. Have questions? We're here to help. Check out support.virginpulse.com Send us an email: support@virginpulse.com Live chat on member.virginpulse.com | Monday–Friday, 2 am–9 pm ET Give us a call: 888-671-9395 | Monday– Friday, 8 am–9 pm ET

#### Pillars and Topics

We've made it simpler than ever to get to the information you want. Explore the Pillars and Topics section to find what you need—fast.

#### Social Groups

Getting healthier and learning something new is easier with friends. Join a group to stay motivated, chat with others and achieve goals together.

#### RethinkCare Mindfulness

Breathe. Your personal stress-reliever is here. Watch meditation videos and learn how to practice mindfulness.



#### 2023 Wellness Rewards Program

Each Quarter:

Number of Points Necessary to Reach a Level

Pulse Cash Rewarded for Reaching a Level

#### Earn up to \$75 each quarter.

> 1/1/23-3/31/23 > > 7/1/23-9/30/23 >

> 4/1/23-6/30/23 > 10/1/23-12/31/23



\$75/Quarter

In 2023, employees have the potential to earn up to \$75 per quarter in rewards (see above example). Employees can earn 2,000 points by undergoing an annual physical including biometric screening, hemoglobin A1C or glucose testing, urinalysis, and EKG. Members can also earn 1,000 points by completing the Health Risk Assessment (members are eligible for the reward one time per year).

*Device Strategy:* Each member gets one subsidized Max wearable activity tracker upon enrollment (some limitations apply).

Total:

#### Ways to earn points\*:

The chart below describes how you can earn points and rewards with Virgin Pulse. \*subject to change

|                 | Do Healthy Things   | Earn Points  |
|-----------------|---|--------------|
| Cotting Storted | Complete registration   | 100 Points   |
| Getting Started | Become fully vaccinated against Covid-19                          | 500 Points   |
|                 | Upload your steps from your tracker (per 1,000 steps)             | 10 Points    |
| Daily           | Do your Daily Cards (2 per day)                                   | 20 Points    |
|                 | Track your Healthy Habits (3 per day)                             | 10 Points    |
|                 | Win the promoted Health Habit challenge                           | 200 Points   |
| Monthly         | 20-Day Triple Tracker: 7,000 steps/15 active min./15 workout min. | 400 Points   |
| Wontiny         | Track Healthy Habits 20 days in a month                           | 300 Points   |
|                 | Create a personal challenge                                       | 50 Points    |
| Quarterly       | Complete a Journey  | 250 Points   |
|                 | Set a wellbeing goal  | 200 Points   |
|                 | Complete Primary Care Physician Form                              | 1,000 Points |
| Yearly          | Complete the Health Assessment                                    | 1,000 Points |
|                 | Complete the Tobacco-Free Agreement                               | 100 Points   |
|                 | Complete a Preventative Screening                                 | 500 Points   |

#### FAQs

**Does St. Joseph's see any of my personal information?** No. St. Joseph's does not see any individual member's personal data. The only information they see is aggregate, anonymous data of everyone who is participating in the program in order to enable us to determine appropriate programs and activities to offer. If a member joins a company-wide step challenge, the member's steps will be visible to all participants, including St. Joseph's staff members who manage the Virgin Pulse program. No information from a member's personal profile, such as member's activity, HRA data, biometric information, or their wellness goal is shared with SJH.

#### Who is eligible to participate in the program?

All employees are eligible and encouraged to participate in the biometric screening, the Health Risk Assessment (HRA), and other Wellness activities through Virgin Pulse geared towards a goal of a healthier you.

How do I enroll in Virgin Pulse? To enroll in Virgin Pulse, log onto <u>https://join.virginpulse.com/SJHS</u> on a computer or laptop to join. You will need to use a computer or laptop to enroll, you cannot enroll on a tablet or smartphone.

How do I redeem the Pulse Cash I have in my Virgin Pulse account? Go to the "Rewards" tab in your Virgin Pulse account on a computer or "Shop" on your mobile app. You can redeem your Pulse Cash in the store; donate it to a charity such as St. Joseph's, Eva's Village, Oasis, Straight & Narrow, and more; or to purchase 1 of more than 30 different gift cards.

**How do I donate my Pulse Cash to a charity?** You must first donate your Pulse Cash to "Charity on Top", then follow the directions for "Donating your Pulse Cash to a Charity" found in the "Wellness" section under "Benefits" in HR in the Inside intranet.

**Is my donation tax deductible?** Yes, any donation you make with your Pulse Cash through Virgin Pulse is tax deductible. The confirmation email you receive from Virgin Pulse will serve as your receipt. As always, check with your financial advisor if you have any questions.

Am I taxed on Pulse Cash that I donate? No. You are not taxed on Pulse Cash that you donate through Charity on Top.

**Reminder:** Wellness incentives are considered taxable income by the IRS and are subject to the same tax rules as all other benefits-the value of a reward is treated as taxable wages and subject to payroll taxes (i.e., Social Security and Medicare taxes and federal and state income tax withholding). The amount of your gift card will appear as "Wellness awards" in the earnings section of your paycheck. For gift cards only.





#### **Fitness Center Reimbursement Program**

The Fitness Center reimbursement program is available to full-time employees on their benefits eligibility date and part-time benefits eligible employees on their benefits eligibility date, on a prorated basis. To be eligible for reimbursement, you must have successfully completed your introductory and provide the required documentation for each quarter. The quarters run January 1st – March 31st, April 1st – June 30th, July 1st – September 30th, and October 1st – December 31st.

- > The required fitness center attendance is 20 visits/quarter
- > Employees must submit proof of payment and proof of attendance with 30 days from the conclusion of each quarter to Human Resources for reimbursement.

(example: Q1- January 1st- March 31st, documents submitted by April 30th)

- > Proof of payment can be either copies of credit card statements or copies of paid statements from the fitness center.
- > Proof of attendance can be a downloaded printout or a document supplied by your fitness center listing the dates attended at a recognized fitness center.
- > Reimbursement is 50% of monthly membership fees each month the employee meets the above criteria to a maximum of \$25 per month for full time employees and \$12.50 for part-time employees (up to \$75 per quarter for full time employees and \$37.50 for part-time employees).
- > Fitness Center Reimbursement is for basic membership fees and does not cover add-on services or annual dues. Yoga studios, Jazzercise, cross-fit, and other exercise establishments are included in the program.
- > Fitness Center reimbursement is considered taxable income by the IRS. The amount reimbursed will appear as "Wellness Awards" in the earnings section of your paycheck and is subject to FICA, Medicare, federal, state, and local taxes.

PLEASE NOTE: Employees should consult with a physician before beginning an exercise program.

Questions? Please contact Tyesha Forrester at forrestert@sjhmc.org at 973.754.4752.

For those employees who are members of Club Metro, Club Metro will automatically send the attendance information to Human Resources. Please speak with a Club Metro manager for information authorization. For employees who are members of fitness centers other than Club Metro, you will need to send your documentation directly to Human Resources. Employees should consult with a physician before beginning an exercise program.

FULL-TIME EMPLOYEE medical contributions

#### Full-Time Bi-Weekly Medical Contributions:

Medical rates are displayed below full-time employees. Please note the rates below do not reflect the Spousal Surcharge or the Tobacco Surcharge.

| St. Joseph's Inner Circle Plan |                  |                      |                     |                        |         |
|--------------------------------|------------------|----------------------|---------------------|------------------------|---------|
| Salary Bands                   | EMPLOYEE<br>ONLY | EMPLOYEE +<br>SPOUSE | EMPLOYEE +<br>CHILD | EMPLOYEE +<br>CHILDREN | FAMILY  |
| < \$25,000                     | \$13.71          | \$22.85              | \$22.85             | \$36.55                | \$36.55 |
| \$25,000 < \$49,999            | \$15.38          | \$25.63              | \$25.63             | \$41.03                | \$41.03 |
| \$50,000 < \$74,999            | \$20.51          | \$35.90              | \$35.90             | \$57.34                | \$57.34 |
| \$75,000 < \$99,999            | \$25.63          | \$46.15              | \$46.15             | \$65.73                | \$65.73 |
| \$100,000 < \$149,999          | \$38.69          | \$56.41              | \$56.41             | \$74.11                | \$74.11 |
| \$150,000 < \$199,999          | \$42.14          | \$61.43              | \$61.43             | \$80.72                | \$80.72 |
| \$200,000 +                    | \$46.03          | \$69.41              | \$69.41             | \$91.46                | \$91.46 |

| St. Joseph's Omnia Plan |                  |                      |                     |                        |          |
|-------------------------|------------------|----------------------|---------------------|------------------------|----------|
| Salary Bands            | EMPLOYEE<br>ONLY | EMPLOYEE +<br>SPOUSE | EMPLOYEE +<br>CHILD | EMPLOYEE +<br>CHILDREN | FAMILY   |
| < \$25,000              | \$30.41          | \$48.85              | \$48.85             | \$68.78                | \$68.78  |
| \$25,000 < \$49,999     | \$34.12          | \$54.82              | \$54.82             | \$77.19                | \$77.19  |
| \$50,000 < \$74,999     | \$41.39          | \$68.81              | \$68.81             | \$87.82                | \$87.82  |
| \$75,000 < \$99,999     | \$48.10          | \$75.52              | \$75.52             | \$99.01                | \$99.01  |
| \$100,000 < \$149,999   | \$58.18          | \$89.51              | \$89.51             | \$109.64               | \$109.64 |
| \$150,000 < \$199,999   | \$63.36          | \$97.48              | \$97.48             | \$119.41               | \$119.41 |
| \$200,000 +             | \$67.60          | \$106.17             | \$106.17            | \$131.12               | \$131.12 |

#### **Spousal Surcharge**

The spousal surcharge applies when an employee chooses to enroll his/her spouse in St. Joseph's medical coverage and the spouse has medical coverage available through another employer-sponsored plan or a pre-age 65 group retiree plan. The amount of the spousal surcharge is based on the St. Joseph's Health employee's annual salary as indicated below:

| Your Salary:        | Surcharge Per Bi-Weekly Pay Period: |
|---------------------|-------------------------------------|
| Up to \$49,999      | \$10                                |
| \$50,000 - \$99,999 | \$20                                |
| \$100,000 and Over  | \$30                                |

## PART-TIME EMPLOYEE medical contributions

#### Part-Time Bi-Weekly Medical Contributions:

Medical rates are displayed below part-time employees. Please note the rates below do not reflect the Spousal Surcharge or the Tobacco Surcharge.

| St. Joseph's Inner Circle Plan |                  |                      |                     |                        |          |
|--------------------------------|------------------|----------------------|---------------------|------------------------|----------|
| Salary Bands                   | EMPLOYEE<br>ONLY | EMPLOYEE +<br>SPOUSE | EMPLOYEE +<br>CHILD | EMPLOYEE +<br>CHILDREN | FAMILY   |
| < \$25,000                     | \$63.25          | \$127.02             | \$127.02            | \$173.91               | \$173.91 |
| \$25,000 < \$49,999            | \$70.85          | \$142.64             | \$142.64            | \$195.31               | \$195.31 |
| \$50,000 < \$74,999            | \$73.65          | \$147.77             | \$147.77            | \$203.24               | \$203.24 |
| \$75,000 < \$99,999            | \$75.98          | \$152.89             | \$152.89            | \$207.43               | \$207.43 |
| \$100,000 < \$149,999          | \$82.51          | \$158.02             | \$158.02            | \$211.64               | \$211.64 |
| \$150,000 < \$199,999          | \$89.99          | \$172.00             | \$172.00            | \$230.58               | \$230.58 |
| \$200,000 +                    | \$93.88          | \$179.98             | \$179.98            | \$241.32               | \$241.32 |

| St. Joseph's Omnia Plan |                  |                      |                     |                        |          |
|-------------------------|------------------|----------------------|---------------------|------------------------|----------|
| Salary Bands            | EMPLOYEE<br>ONLY | EMPLOYEE +<br>SPOUSE | EMPLOYEE +<br>CHILD | EMPLOYEE +<br>CHILDREN | FAMILY   |
| < \$25,000              | \$90.66          | \$179.12             | \$179.12            | \$242.66               | \$242.66 |
| \$25,000 < \$49,999     | \$101.81         | \$200.82             | \$200.82            | \$272.42               | \$272.42 |
| \$50,000 < \$74,999     | \$105.17         | \$208.09             | \$208.09            | \$277.49               | \$277.49 |
| \$75,000 < \$99,999     | \$108.52         | \$211.45             | \$211.45            | \$283.05               | \$283.05 |
| \$100,000 < \$149,999   | \$113.55         | \$218.16             | \$218.16            | \$288.64               | \$288.64 |
| \$150,000 < \$199,999   | \$123.91         | \$237.82             | \$237.82            | \$314.27               | \$314.27 |
| \$200,000 +             | \$128.15         | \$246.51             | \$246.51            | \$325.97               | \$325.97 |

#### Full-Time & Part-Time Bi-Weekly Dental Contributions:

| Coverage Tiers      | DHMO Plan | PPO Plan | PREMIER Plan |
|---------------------|-----------|----------|--------------|
| Employee Only       | \$4.91    | \$3.58   | \$15.39      |
| Employee & Child    | \$9.32    | \$8.34   | \$40.46      |
| Employee & Children | \$9.32    | \$12.44  | \$55.93      |
| Employee & Spouse   | \$7.16    | \$6.92   | \$29.73      |
| Family              | \$14.72   | \$12.44  | \$55.93      |

#### Full-Time & Part-Time Bi-Weekly Vision Contributions:

| Coverage Tiers      | VSP Vision Plan |
|---------------------|-----------------|
| Employee Only       | \$2.94          |
| Employee & Child    | \$6.29          |
| Employee & Children | \$6.29          |
| Employee & Spouse   | \$5.88          |
| Family              | \$10.04         |



## General Contact Information

| Questions Regarding   | Contact   | Phone Number  | Online/Address   |
|---|---|---|--|
| General eligibility, enrollment,<br>deductions, plan options, life<br>event changes   | The Employee Benefits Center  | 1-800-307-0230 <b>(phone)</b><br>1-866-406-6946 <b>(fax)</b>                      | 1200 Abington Executive Park<br>Clarks Summit, PA 18411                                |
| Group Medical Plan  | Horizon Omnia   | 1-800-355-Blue (2583)   | www.horizonblue.com  |
| St. Joseph's Health Inner Circle Directory  |   | eph's Health Inner Circle Directory, Ic<br>y section of the website, or the Emplo |  |
| Prescription Benefits   | Prime Therapeutics<br>St. Joseph's Pharmacy (Paterson)<br>St. Joseph's Pharmacy (Wayne) | 1-800-370-5088<br>973-569-6490<br>973-389-5270                                    | www.horizonblue.com<br>N/A<br>N/A  |
|   |   | DeltaCare USA Plan:<br>1-800-422-4234   | www.deltadentalins.com   |
| Group Dental Plan   | Delta Dental of NJ  | <b>PPO &amp; PPO Plus Premier Plans:</b><br>1-800-452-9310                        | www.deltadentalnj.com<br>service@deltadentalnj.com<br>(customer service email address) |
| Group Vision Care Plan  | VSP<br>(Group number 30043536)  | 1-800-877-7195  | Website: www.vsp.com<br>Email: imember@vsp.com   |
| Flexible Spending Accounts<br>Qualified Transportation<br>Expense Plan  | The Employee Benefits Center  | 1-800-307-0230 <b>(phone)</b><br>1-866-406-0946 <b>(fax)</b>                      | www.myFlexDollars.com<br>1200 Abington Executive Park<br>Clarks Summit, PA 18411       |
| Basic Life and AD&D Insurance<br>Supplemental Life and AD&D<br>Insurance<br>Spouse and Child Supplemental<br>Life Insurance | MetLife   | 1-800-638-6420  | N/A  |
|   | Metlife   | 833-622-0135  | metlife.com/mybenefits   |
| Leave of Absences   | The Division of NJ State Temporary<br>Disability (family leave insurance only)          | 609-292-7060  | http://lwd.dol.state.nj.us/labor/tdi/<br>tdiindex.html                                 |
| Long-Term Disability  | MetLife   | 833-622-0137  | www.metlife.com/mybenefits   |
| Group Legal & Identity Theft  | Countrywide Pre-Paid Legal<br>Services  | 1-800-550-5297  | www.countrywideppls.com  |
|   | MetLife   | 1-800-821-6400  | members.legalplans.com   |
| Auto and Home Insurance   | Travelers<br>New Jersey Manufacturers<br>Insurance Group<br>MetLife                     | 1-888-695-4640<br>1-800-232-6600<br>(NJM code for auto insurance: 37849)          | www.travelers.com/sjhcs<br>301 Sullivan Way,<br>West Trenton, NJ 08628                 |
|   | Merrie  | 1-800-GET-MET-8 (438-6388)<br>(MetLife code ES9)                                  | www.metlife.com  |
| Pet Insurance   | MetLife   | 1-800-GET-MET-8 (438-6388)  | www.metlife.com  |
| Accident /Critical Illness/Short-<br>Term Gap Disability Insurance  | Lincoln Financial   | 1-800-423-2765<br>mention ID #1062614   |  |
| Employee Assistance Program   | LifeWorks EAP   | 1-888-319-7819  | www.metlifeeap.lifeworks.com<br>(username: metlifeeap; pw: eap)                        |
| Employee Discount Program   | Beneplace   | 1-800-683-2886  | www.beneplace.com/sjh  |
| Wellness Portal   | Virgin Pulse  | 1-888-671-9395  | support@virginpulse.com  |
| 457(b) and 403(b) Retirement<br>Savings Plan  | Fidelity  | 1-800-343-0860  | www.netbenefits.com/atwork   |
|   | North Jersey Federal Credit Union   | 973-785-9200  | www.njfcu.org  |
| Credit Unions   | Healthcare Employees Federal<br>Credit Union  | 1-800-624-3312  | www.hefcu.com  |
| COBRA   | The Employee Benefits Center  | 1-800-307-0230 <b>(phone)</b><br>1-866-406-6946 <b>(fax)</b>                      | 1200 Abington Executive Park<br>Clarks Summit, PA 18411                                |

| Health Services Phone Number   |   |  |  |
|--|---|--|--|
|  | Behavioral Health Services  |  |  |
| Integrated Trinitas - St. Joseph's Behavioral<br>Health Network  | 631-807-5759  |  |  |
| TMS-Treating Depression Without Medication   | 631-807-5759  |  |  |
| ACCESS Deaf Services   | 973-754-4680  |  |  |
| Adult Residential Services   | 973-754-4680  |  |  |
| Harbor House - Acute Partial Hospitalization,<br>Access Partial Hospitalization, Integrated<br>Treatment for Co-Occurring Disorders (IT-COD) | 973-754-2800  |  |  |
| Outpatient Mental Health Services  | 973-754-4765  |  |  |
| PATH Program   | 973-754-4747  |  |  |
| Psychiatric Inpatient Services   | 973-754-3295  |  |  |
| Supported Employment Program   | 973-754-8607  |  |  |
| Community Support Services   | 973-754-8609  |  |  |
| Psychiatric Emergency Services/Screening   | 973-754-2801  |  |  |
|  | Cancer Services   |  |  |
| Cancer Education and Early Detection (CEED)  | 973-754-2706  |  |  |
| Cancer Registry  | 877-757-7547  |  |  |
| Cancer Support Programs  | 973-754-2909  |  |  |
| Diagnostic Imaging   | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Wayne Medical Center: 973-956-3312<br>St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-3600<br>St. Joseph's Cancer Center: 973-310-0300 |  |  |
| Infusion Center/Chemotherapy   | 973-754-3405  |  |  |
| Laboratory Diagnostics   | St. Joseph's University Medical Center, 973-754-7939<br>St. Joseph's Wayne Medical Center, 973-956-3314   |  |  |
| Oncology Clinical Trials & Research  | 973-754-2405  |  |  |
| Orthopedic Oncology  | St. Joseph's University Medical Center, 973-754-2000<br>St. Joseph's Wayne Medical Center, 973-942-6900   |  |  |
| Rehabilitation Services  | St. Joseph's Healthcare and Rehab Center: 973-754-4800<br>St. Joseph's Acute Rehabilitation Unit -<br>St. Joseph's Wayne Medical Center: 973-389-4099   |  |  |
| Radiation Oncology   | St. Joseph's University Medical Center: 973-754-2675<br>St. Joseph's Cancer Center: 973-310-0300  |  |  |

| Health Services   | Phone Number  |  |  |
|---|---|--|--|
| Dentistry/Oral Health Services                                    |   |  |  |
| Oral & Maxillofacial Surgery                                      | 973-754-2050  |  |  |
| Orthodontics  | 973-754-4250  |  |  |
| Pediatric Dental Services   | 973-754-4250  |  |  |
|   | Division of Neurosurgery  |  |  |
| Spine Center-helps patients with conditions of the back and neck. | 973-754-2463  |  |  |
|   | Emergency/Trauma Services   |  |  |
| Alternative to Opiates Program (ALTO)                             | 973-754-2240  |  |  |
| Emergency Medicine  | 973-754-2251  |  |  |
| Geriatric Emergency Department                                    | 973-754-2243  |  |  |
| Life Sustaining Management & Alternatives<br>Program (LSMA)       | 973-754-2240  |  |  |
| Pediatric Emergency Medicine                                      | 973-754-4901  |  |  |
| Transfer Center   | 855-752-3648  |  |  |
| Trauma Center   | 973-754-2490  |  |  |
|   | Heart & Vascular Services   |  |  |
| Cardiac Catherization-Diagnostic                                  | 973-754-2330  |  |  |
| Cardiac Catherization-Interventional                              | 973-754-2330  |  |  |
| Cardiac Catherization-Lab   | St. Joseph's University Medical Center: 973-742-2330<br>St. Joseph's Wayne Hospital: 973-956-3326       |  |  |
| Cardiac Nuclear Stress Testing                                    | 973-754-2310  |  |  |
| Cardiac Rehabilitation  | 973-754-2352  |  |  |
| Cardiac Surgery Program   | 973-754-2486  |  |  |
| Cardiopulmonary   | 973-956-3725  |  |  |
| Cryoablation  | 973-754-3737  |  |  |
| Diagnostic Tests  | St. Joseph's Wayne Medical Center: 973-956-3326<br>St. Joseph's University Medical Center: 973-754-2330 |  |  |
| Echocardiography  | 973-754-2310  |  |  |
| Electrophysiology - Pacemaker,<br>Defibrillator, Ablations        | 973-754-3737  |  |  |
| Neuro-Interventional Laboratory                                   | 973-754-2612  |  |  |
| Neurovascular Services  | 973-754-3737  |  |  |
| Peripheral Vascular Angiography and Intervention                  | 973-754-3737  |  |  |
| Persantine Stress testing   | 973-754-3737  |  |  |
| Electrocardiograms  | 973-754-2340  |  |  |
| Stress Echocardiography   | 973-754-2310  |  |  |
| Stress Testing  | 973-754-2310  |  |  |
| Transesophageal Echocardiography                                  | 973-754-2310  |  |  |

| Health Services                | Phone Number   |
|--------------------------------|--|
|                                | Imaging Services   |
| Bone Density Scanning          | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-1300   |
| Breast Biopsy                  | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-1300   |
| Breast MRI                     | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-1300   |
| Cardiac MRI                    | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Ambulatory Imaging Center at Clifton: 201-372-1020  |
| Coronary CT Angiography (CTA)  | St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-1300   |
| Coronary CT Calcium Scoring    | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-1300   |
| Digital Radiography            | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Wayne Medical Center: 973-956-3312<br>St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-1300<br>Imaging Subspecialists of North Jersey, LLC: 973-317-5780         |
| Full Body Scan                 | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Wayne Medical Center: 973-956-3312<br>St. Joseph's University Imaging: 973-595-1300   |
| Full-field Digital Mammography | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-1300   |
| Interventional Radiology       | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Wayne Medical Center: 973-956-3312<br>St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-1300<br>St. Joseph's Ambulatory Imaging Center at Carlstadt: 201-372-1020 |
| Low Dose, CT                   | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Wayne Medical Center: 973-956-3312<br>St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-1300  |
| MRI                            | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Wayne Medical Center: 973-956-3312<br>St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-1300<br>Imaging Subspecialists of North Jersey, LLC: 973-317-5780         |
| Nuclear Medicine               | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Wayne Medical Center: 973-956-3312  |
| PET/PET-CT                     | 973-754-4343   |
| Ultrasonography                | St. Joseph's University Medical Center: 973-754-4343<br>St. Joseph's Wayne Medical Center: 973-956-3312<br>St. Joseph's Ambulatory Imaging Center at Clifton: 973-569-6300<br>St. Joseph's University Imaging: 973-595-1300  |

| Health Services  | Phone Number   |  |
|--|--|--|
| Neuroscience Institute   |  |  |
| Comprehensive and Primary Stroke Center  | 973-754-2000   |  |
| Concussion Center  | 973-754-2000   |  |
| Epilepsy Center  | 973-754-2000   |  |
| Outpatient Electromyography (EMG)<br>Laboratory                                | 973-754-2433   |  |
| Orthopedic and Spine Institute   |  |  |
| Pediatric Orthopedics  | 973-754-2414   |  |
| Sports Medicine  | 973-754-2950   |  |
|  | Pediatric Services   |  |
| Adolescent Medicine  | 973-754-2523   |  |
| The Alfiero & Lucia Palestroni Birth Defects<br>Center                         | 973-754-3222   |  |
| Allergy/Immunology   | 973-754-2597   |  |
| The Binder Autism Center   | 973-754-3081   |  |
| Cancer Genetic Counseling  | 973-754-2727   |  |
| Cardiology   | 973-569-6250   |  |
| Center for Pediatric Feeding & Swallowing                                      | 973-754-4300   |  |
| Child Life Department  | 973-754-3328   |  |
| Clinical Nutrition Services  | 973-754-2507   |  |
| Dental Services  | 973-754-4250   |  |
| Early Intervention Program   | 973-754-4540   |  |
| Genetics   | 973-754-2727   |  |
| Hematology/Oncology  | 973-754-3230   |  |
| Nephrology   | 973-754-2570   |  |
| Neurogenetics and Lysosomal Storage<br>Disease Center                          | 973-754-2727   |  |
| The Neurofibromatosis Diagnostic and<br>Treatment Program                      | 973-754-2727   |  |
| Neurology  | Pediatric Subspecialties at Paramus: 973-754-5830<br>Pediatric Subspecialties at Wayne: 973-754-8630<br>Pediatric Subspecialties at Hoboken: 973-754-5780<br>Pediatric Subspecialties at DePaul Ambulatory Care Center: 973-754-2528 |  |
| Neurosurgery   | 973-754-3616   |  |
| O'Neill Center - Therapeutic supervised visitation for special needs children. | 973-754-2883   |  |
| Orthopedics  | 973-754-2414   |  |
| Pediatric Emergency Medicine   | 973-754-4901   |  |
| Pediatric Infectious Disease   | 973-754-3729   |  |
| Pediatric Sleep Disorders Center   | 973-754-2550   |  |
| Physical Therapy and Occupational Therapy                                      | 973-754-2960   |  |

| Pediatric Services   |  |  |
|--|--|--|
| Prader-Willi Center - Prader-Willi Syndrome                                      |  |  |
| multidisciplinary care   | 973-754-3222   |  |
| Pulmonology  | 973-751-2550   |  |
| Regional Craniofacial Center   | 973-754-2924   |  |
| Rheumatology   | DePaul Ambulatory Center: 973-754-2535<br>Pediatric Subspecialty Faculty Practice at Wayne: 973-754-8630<br>Pediatric Subspecialty Faculty Practice at Hoboken: 973-754-5780 |  |
| School Wellness Program  | 973-754-3117   |  |
| Speech Language Pathology  | St. Joseph's University Medical Center: 973-754-2960<br>St. Joseph's Wayne Medical Center: 973-956-3360  |  |
| The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) | 973-754-4575   |  |
| The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) | 973-754-4575   |  |
| Primary Care Services  |  |  |
| Geriatrics   | 973-754-3210   |  |
| Internal Medicine  | 973-754-2476   |  |
|  | Rehabilitation Services  |  |
| Acute Rehabilitation Unit  | 973-389-4099   |  |
| Driver Rehabilitation Program  | 973-956-3360   |  |
| Occupational Therapy   | St. Joseph's University Medical Center: 973-754-2960<br>St. Joseph's Wayne Medical Center: 973-956-3360  |  |
| Physical Medicine and Rehabilitation   | 973-754-2946   |  |
| Physical Therapy   | St. Joseph's University Medical Center: 973-754-2960<br>St. Joseph's Wayne Medical Center: 973-956-3360  |  |
| Speech Language Pathology  | St. Joseph's University Medical Center: 973-754-2960<br>St. Joseph's Wayne Medical Center: 973-956-3360  |  |
| Total Joint Replacement Pre and Post<br>Rehabilitation                           | 973-754-2499   |  |
|  | Specialized Services   |  |
| HIV Services   | 973-754-4701   |  |
| Clinical Nutrition Services  | 973-754-3045   |  |
| Gastroenterology   | 973-754-2270   |  |
| The John Victor Machuga Diabetes<br>Education & Nutrition Center                 | 973-720-6733   |  |
| Laboratory Services  | 973-956-3314   |  |
| Nephrology   | 973-754-2570   |  |
| Palliative Care Medicine   | 973-754-2842   |  |
| Pharmacy   | 973-754-3026<br>973-956-3337   |  |
| Respiratory/Pulmonary  | 973-754-3980   |  |
| Sleep Center   | 973-754-2455   |  |
| Telemedicine   | 973-754-4473   |  |
| Hospital to Court Program  | 973-754-2831   |  |
|  |  |  |

| Health Services  | Phone Number                                  |  |  |
|--|---|--|--|
|  | Sub-Acute Rehabilitation Services             |  |  |
| Skilled Nursing  | 973-754-4800                                  |  |  |
| Speech Therapy   | 973-754-4800                                  |  |  |
| Occupational Therapy                                       | 973-754-4800                                  |  |  |
| Physical Therapy   | 973-754-4800                                  |  |  |
| Hospice Care   | 973-754-4800                                  |  |  |
| Respite Care   | 973-754-4800                                  |  |  |
| Wound Care   | 973-754-4800                                  |  |  |
| IV Care  | 973-754-4800                                  |  |  |
| Surgical Services  |   |  |  |
| Ambulatory/Same Day Surgery                                | 973-754-4995                                  |  |  |
| Bariatric Surgery  | 551-795-4665                                  |  |  |
| Colon and Rectal Surgery                                   | 973-754-2460                                  |  |  |
| Liver, Pancreas and Biliary Care                           | 973-754-2315                                  |  |  |
| Plastic and Reconstructive Surgery                         | 973-754-2270                                  |  |  |
| Robotics   | 862-207-7510                                  |  |  |
| Breast Surgery   | 973-754-2270                                  |  |  |
| Cardiothoracic Surgery                                     | 973-754-2486                                  |  |  |
| Thoracic Surgery   | 973-754-2460                                  |  |  |
| Pediatric Neurosurgery                                     | 973-754-3616                                  |  |  |
| General Surgery  | 973-754-2490                                  |  |  |
|  | Women's Health Services                       |  |  |
| Breastfeeding Services                                     | 973-754-3361                                  |  |  |
| Centers for High Risk Pregnancy/Maternal<br>Fetal Medicine | 973-754-2717<br>973-754-4074                  |  |  |
| Childbirth/Parent Education                                | 973-754-3344                                  |  |  |
| Gynecologic Robotic Surgery                                | 973-754-2700                                  |  |  |
| Intermediate Care and Neonatal Intensive Care              | 973-754-3337                                  |  |  |
| Labor and Delivery   | 973-754-3344                                  |  |  |
| Midwifery  | 973-754-4200                                  |  |  |
| Mother/Baby Unit   | 973-754-3344<br>973-754-3392                  |  |  |
| Support Services   | 973-754-3361                                  |  |  |
| Teen Obstetrics  | 973-754-2720                                  |  |  |
| Urogynecology/Pelvic Floor Reconstruction                  | 973-754-2726                                  |  |  |
| Loss/Bereavement Support Services                          | Paterson: 973-754-4750<br>Wayne: 973-956-3720 |  |  |



#### **OUR MISSION**

St. Joseph's Health is a healing ministry of the Catholic Church sponsored by the Sisters of Charity of Saint Elizabeth.We are committed to sustaining and improving individual and community health, with a special concern for those who are poor, vulnerable and underserved

#### **OUR VISION**

Creating a healthier future for all... inspired by faith, fueled by innovation and driven by exceptional people

#### **OUR VALUES**

Our core values express our deep convictions and strong beliefs. They define how we operate, behave, and interact on a day-to-day basis – as we integrate and affirm our values in all that we do.

#### DIGNITY

We believe that human life is sacred and every person will be treated with respect.

#### CHARITY

We embrace all who seek our help by bringing God's love and compassionate care.

#### JUSTICE

We advocate for the needs of all, especially the most vulnerable. We are committed in all our endeavors to be ethical, fair-minded and honest.

#### EXCELLENCE

We hold ourselves accountable to the highest possible standards of clinical and service quality.

#### **STEWARDSHIP**

We use our resources, both human and financial, in a responsible manner with a special commitment to the care of those who are poor, vulnerable and underserved.

Approved for distribution by Pia House Walker, Senior Vice President, Chief Human Resources & Diversity Officer

St. Joseph's Health intends to continue the benefit plans indefinitely. The Company reserves the right to change, modify or terminate provisions of the St. Joseph's Health benefit plans or change levels of required contributions, at any time for any reason. This booklet was created to give you an overview of the different benefit programs in which you may participate, as well as instructions on how to enroll in the benefit program. Every effort has been made to ensure the information in this booklet is accurate, however, should a discrepancy arise between the information contained in this booklet and the legal Plan Document, the language provisions of the legal Plan Document shall govern at all times.