## Beth Israel Lahey Health

# 2023 Benefits Guide

This Guide provides details on the 2023 benefits offered to eligible employees across BILH.



**Read** this Guide to help determine the right benefits to meet your needs.



**Review** information available on **BILH Benefits Central** and your local intranet to learn more about your benefit options.



**Enroll** in your benefit choices within 30 days of your date of hire or transfer into a benefits-eligible role.

#### **Table of Contents**

| Introduction              | 2  |
|---------------------------|----|
| <b>Health Benefits</b>    | 4  |
| <b>Financial Benefits</b> | 16 |
| Well-Being Benefits       | 25 |
| Ponofit Dosources         | 20 |



# You and BILH — A Partnership

Welcome to Beth Israel Lahey Health (BILH)! We are so happy you've decided to join us, and we value your contribution. We are committed to doing all we can to support the well-being of employees and family members with comprehensive Total Rewards programs and resources.

## **Your 2023 Benefits**

This Guide provides details on the 2023 benefits offered to eligible employees across BILH.



#### **Visit BILH Benefits Central!**

**BILH Benefits Central** is our one-stop shop for everything you need to know about BILH's benefit programs. See **page 3** for more information!

#### **2023 Rates and Compliance Notices**



You can find 2023 rates and required compliance notices on your **local intranet**, or contact the **BILH Benefits Helpline** at **888-402-1884** or **BILHbenefits**@sentinelgroup.com.

A few important things to note: The benefit plans summarized in this document highlight the options available to eligible employees who are in a budgeted position regularly scheduled to work 20 or more hours per week'. This summary is intended to assist you in understanding the benefits available to you and is not a legal document, binding agreement or contract. For plan specific information or additional benefit information, please refer to the plan documents. The provision of benefits does not indicate continued employment. BILH reserves the right to change, amend and discontinue benefits at any time. We strive to provide the highest quality benefit programs and services possible. Please do not hesitate to contact the BILH Benefits Helpline at 888-402-1884 or BILHbenefits@sentinelgroup.com with any questions, comments or concerns.

\* For those employees covered by a collective bargaining agreement, the terms of the applicable collective bargaining agreement shall apply absent agreement by the Hospital and your union.

## **Table of Contents**

| Introduction                 | 2  |
|------------------------------|----|
| Eligibility                  | 2  |
| If You Don't Enroll          | 2  |
| Paying for Your Benefits     | 3  |
| Health Benefits              | 4  |
| Medical Plan Options         | 4  |
| MyConnect                    | 9  |
| Prescription Drug Coverage   | 10 |
| Dental Plan Options          | 12 |
| Vision Plan Options          | 13 |
| Flexible Spending Accounts   | 14 |
| Financial Benefits           | 16 |
| Disability                   | 16 |
| Life and AD&D Insurance      | 18 |
| Accident Insurance           | 20 |
| Critical Illness Insurance   | 21 |
| Hospital Indemnity Insurance | 22 |
| Legal Insurance              | 22 |
| Retirement Benefits          | 23 |
| Paid Time Off                | 23 |
| Commuter Program             | 23 |
| Tuition Assistance Benefit   | 24 |
| Well-Being Benefits          | 25 |
| BILH Living Well             | 25 |
| Employee Assistance Program  | 26 |
| Care@Work                    | 27 |
| BenefitHub                   | 27 |
| Benefit Resources            | 28 |

# Introduction

## **Eligibility**

Employees who are in a budgeted position regularly scheduled to work 20 or more hours per week are eligible to enroll in the benefits described in this Guide.

### **Eligible Dependents**

Eligible dependents include:

- Your legal spouse;
- Your dependent children (through the end of the month in which they turn 26); or
- A child of any age who has a disability that prevents the child from self-sustaining employment and who is dependent upon you for support.

### **Enrolling in Your Benefits**

As a new hire, you will want to review the benefits in this Guide and consider your and your family's needs for the upcoming year. After your initial enrollment, you may not make changes to your benefits until the next Open Enrollment period, unless you have a qualifying status change such as marriage, divorce or birth or adoption of a child.

You will enroll for your benefits in Workday. You can log in to Workday by **computer** or use the mobile app on your phone. There will be resources available to help you enroll, including videos and step-by-step enrollment instructions for using a computer or the mobile app. These resources can be found on **The Workday Resource Center**.



You have 30 days from your date of hire or transfer into a benefits-eligible role to enroll. All of your benefits will be effective as of your date of hire or transfer. No late enrollments will be accepted.

## If You Don't Enroll....

Please review the information about benefit options in this Guide and make the elections that will best suit your needs.

Basic Life Insurance and Core Long-Term Disability (LTD) benefits are provided automatically at no cost to you, even if you choose not to enroll in other health and well-being benefits. In addition, you automatically have access to the Employee Assistance Program as of your date of hire. For all other benefits, you must actively enroll to have coverage for 2023.

## **BILH Benefits Helpline: Get Answers to Your Benefits Questions**



The **BILH Benefits Helpline** provides a way to get your benefits questions answered by a live representative as quickly as possible. Helpline representatives can answer your

questions about the 2023 benefit plan options, where to get more information, how to enroll and more. The **BILH Benefits Helpline** is available Monday to Friday from 8 a.m. to 6 p.m. Call **888-402-1884** or email **BILHbenefits@sentinelgroup.com** to reach one of our dedicated benefits representatives.

<sup>\*</sup> For those employees covered by a collective bargaining agreement, the terms of the applicable collective bargaining agreement shall apply absent agreement by the Hospital and your union.

## **Paying for Your Benefits**

Many benefits described in this Guide are paid for with pre-tax contributions, meaning they are taken from your pay before Federal, Social Security and State taxes are withheld. This lowers your taxable income and your subsequent tax liability, lowering your actual cost for these benefits. Disability, life and AD&D insurance and voluntary benefits (critical illness, hospital indemnity, accident insurance and legal) are paid for on an after-tax basis.

To review the rates for the 2023 benefits, visit your local intranet, or contact the **BILH Benefits Helpline** at **888-402-1884** or **BILHbenefits@sentinelgroup.com**.

For rates for the 2023 benefits, visit your local intranet, or contact the BILH Benefits Helpline at 888-402-1884 or BILHbenefits@sentinelgroup.com.

## **BILH Benefits Central**

**BILH Benefits Central** is our one-stop shop for everything you need to know about BILH's benefit programs.

- Access it anytime, any place from your smartphone, tablet or laptop
- Easily review **information, tools and resources** for all of the benefits we offer from A (Accident Insurance) to W (Well-Being)
- Find **contact information** if you have questions about any of our benefit programs

Visit the site by scanning the QR code on your smartphone or by visiting https://flimp.live/BILH-Benefits.





# **Health Benefits**

## **Medical Plan Options**

You can choose from three medical plan options available through Harvard Pilgrim Health Care (HPHC). They include a range of coverage levels and costs, giving you the flexibility to select the plan that is right for you and your family. Providers and hospitals are assigned to Tier 1, 2 or 3 based on a variety of factors including quality and cost; you pay less when you see providers in lower tiers. Detailed comparisons of the plan options can be found at harvardpilgrim.org/bilh.

See page 8 for definitions of key terms about the medical plan options.

## **Domestic & Community HMO**

The Domestic & Community HMO offers two tiers of coverage with the lowest premiums and **no Tier 3 or out-of-network coverage**.\* Copays are slightly higher than the HMO Plus and Tiered POS plans. **Tier 1 does not have an annual deductible.** Tier 2 has an annual deductible. Both Tier 1 and 2 have coinsurance for certain services.

## **HMO Plus**

The HMO Plus Plan offers three tiers of coverage and no out-of-network coverage.\* There is no annual deductible or inpatient/outpatient charges in Tier 1. Tiers 2 and 3 have an annual deductible and coinsurance for certain services. The premiums for the HMO Plus are priced between the Domestic & Community HMO and the Tiered POS. **Note:** The HMO Plus Out-of-Area Plan is available if you live 20 or more miles from a Tier 1 BILH Primary Care Physician (PCP) and you live within Harvard Pilgrim's enrollment area (MA, ME, NH, CT and certain areas of RI, VT and NY). Under the Out-of-Area Plan, any care received from Tier 2 providers will be processed at Tier 1 cost-sharing.

## **Tiered POS**

The Tiered POS offers three tiers of coverage plus out-of-network coverage, with the lowest copays and no annual deductible or inpatient/outpatient charges in Tier 1. Tiers 2 and 3 and out-of-network coverage have annual deductibles and coinsurance for certain services. The premiums for the Tiered POS are higher than the two HMOs.

#### No Deductible for Tier 1!



There is no deductible for using Tier 1 providers (meaning BILH providers) in any of the medical plans! By utilizing our

Tier 1 physicians and system, you will receive high-quality care from providers you know, while paying the lowest copays with no deductible.

## Pay Less When You Use BILH Providers



Since BILH providers and sites are Tier 1, you will receive high-quality care from providers

you know, while paying the lowest copays and deductibles based on the plan. If your PCP is not a BILH provider, consider a switch. To find a BILH PCP, contact a Harvard Pilgrim Member Advocate at 888-333-4742 or visit harvardpilgrim.org/bilh.

<sup>\*</sup> Except in the case of a medical emergency.

## **Understanding Provider Tiers**

## **Providers by Tier: All Medical Plans Offer Tiered Coverage**

You will pay less when you see a Tier 1 provider. All BILH providers and sites are Tier 1. By utilizing our system, you will receive high-quality care from providers you know, while paying the lowest copays based on the plan.

Copays and annual deductibles at Tier 2 or Tier 3 providers will be higher.

Coinsurance will apply at Tier 2 and Tier 3 for the HMO Plus and Tiered POS plans (and for out-of-network care in the Tiered POS). Coinsurance will also apply to Tier 1 and Tier 2 for the Domestic & Community HMO.

**Note:** Providers may change tiers, so be sure to confirm the tier before seeking services by visiting **harvardpilgrim.org/bilh**.

### What Tier is Your Provider/Facility In?

As you consider which medical plan best meets your needs, make sure to confirm the Tier of all providers and the facilities where they perform services. In addition, once you have enrolled in a plan, check the Tier of any new providers before you receive care, even if you were referred by your PCP. Contact a Member Advocate from MyConnect if you need help finding your provider's tier (see page 9).

#### What Is Tier 1?

Tier 1 includes all BILH physicians, sites and facilities. You will pay less under the medical plans when you see a Tier 1 provider.

## Out of State Coverage & Out-of-Area Dependent Coverage

With the HMO Plans, if you have a dependent child up to age 26 who resides outside of the HPHC enrollment area, that child can be registered as an out-of-area dependent with HPHC. Your registered dependent can then receive most of the same coverage available under the plan as though they were in the enrollment area. With the Tiered POS plan, employees and their dependents (both spouse and children) living outside of the HPHC enrollment area have access to in-network providers and services through HPHC's national provider network. To learn more, visit harvardpilgrim.org/bilh or call Harvard Pilgrim at 888-333-4742.



#### **Choosing Your Medical Coverage**

All plans cover a wide range of medical and preventive care. As you make your decision, keep in mind which plan in total will cost you less for the entire year. Consider both paycheck deductions (premiums) and out-of-pocket costs when you receive care that you expect to need this upcoming year. Do you prefer to have a higher premium deduction taken from your paycheck each pay period (cost of coverage) and pay less when you use the medical plan (cost of care)? Or would you be comfortable with a lower premium deduction from your paycheck and pay more when (or if) you use services?

## You Must Elect a Primary Care Physician (PCP) — Consider a BILH PCP



With each of the medical plans, you must select a PCP who coordinates your care and can provide you with referrals to specialists. Visit the online provider directories at harvardpilgrim.org/bilh to

find a PCP and verify the tiers of all your current providers and where they perform services.

#### **Domestic & HMO Plus Tiered POS Community HMO** • 2-tier plan. • 3-tier plan. • 4-tier plan (including Plan out-of-network). **Highlights** • Higher copays for care than • No deductible or coinsurance the other plan options. for Tier 1 providers. · Lowest copays. · No deductible for Tier 1 • Deductible and coinsurance · No deductible or providers, but coinsurance required for Tier 2 and Tier 3 coinsurance for Tier 1 is required. providers. providers. • Deductible and coinsurance • No coverage outside of Tier 1, · Deductible and required for Tier 2 providers. 2 and 3 unless for emergency. coinsurance required for Tier 2, 3 and out-of-• No coverage for Tier 3 or network services. out-of-network providers unless for emergency. You may want • You mostly use Tier 1 providers You mostly use Tier 1 You want access to any and only occasionally Tier 2 providers but want access to provider (both in and to choose this plan if... providers. Tier 2 and Tier 3 providers. outside of Tier 1, 2 and 3). • You do not anticipate major • You prefer to pay a medium You are willing to pay medical services. (not highest, not lowest) higher premiums from premium from your your paycheck. You want a plan with the paycheck. lowest premium contribution. You would rather pay more for care when received and a lower premium from your paycheck.

**Note:** Prescription drug coverage is the same for all three medical options.

## **Comparing Your Medical Plan Options**

|   | Domestic & Community HMO |  | HMO Plus                         |   |                                     |
|---|--------------------------|--|----------------------------------|---|-------------------------------------|
|   | Tier 1                   | Tier 2   | Tier 1                           | Tier 2  | Tier 3                              |
| Annual Deductible   | None                     | \$1,000/\$2,000<br>member/family   | None                             | \$1,000/\$2,000<br>member/family  | \$2,500/\$5,000<br>member/family    |
| Out-Of-Pocket Maximum (includes medical copays, coinsurance and deductible)             |                          | 0/\$7,000<br>per/family  | \$3,500/\$7,000<br>member/family |   |                                     |
| Preventive Care Visits  | \$0 (co\                 | vered in full)   | \$0 (covered in full)            |   |                                     |
| PCP Office Visit  | \$30 copay               | \$55 copay<br>(\$30 copay for<br>children up to age 19)  | \$25 copay                       | \$55 copay<br>(\$25 copay for<br>children up to age 19)                               | \$110 copay                         |
| Specialist Office Visit   | \$40 copay               | \$65 copay<br>(\$40 copay for<br>children up to age 19)  | \$35 copay                       | \$65 copay<br>(\$35 copay for<br>children up to age 19)                               | \$120 copay                         |
| Mental Health/Substance Abuse Office Visits (group and individual)                      | \$30 copay               |  | \$25 copay                       |   |                                     |
| Inpatient Mental<br>Health/Substance Abuse  | 10% coinsurance          |  | \$0 (covered in full)            |   |                                     |
| Urgent Care   | \$40 copay               | \$90 copay   | \$35 copay                       | \$85 copay  | \$125 copay                         |
| Emergency Room (ER) Care (waived if admitted)   | \$200 copay              |  |                                  | \$200 copay   |                                     |
| Emergency Admission   | 10% coinsurance          |  | \$0 (covered in full)            |   |                                     |
| Inpatient Hospital  | 10% coinsurance          | 30% coinsurance<br>after deductible<br>(10% coinsurance after<br>Tier 1 deductible for<br>children up to age 19) | \$0<br>(covered in full)         | 20% coinsurance<br>after deductible<br>(covered in full for<br>children up to age 19) | 40% coinsurance after deductible    |
| Day Surgery<br>(including scopic procedures, e.g.<br>colonoscopy)                       | 10% coinsurance          | 30% coinsurance<br>after deductible<br>(10% coinsurance after<br>Tier 1 deductible for<br>children up to age 19) | \$0<br>(covered in full)         | 20% coinsurance<br>after deductible<br>(covered in full for<br>children up to age 19) | 40% coinsurance after deductible    |
| Hospital Based Lab/<br>X-Ray/Diagnostic and<br>High End Radiology<br>(MRI, CT, PET)     | 10% coinsurance          | 30% coinsurance<br>after deductible<br>(10% coinsurance after<br>Tier 1 deductible for<br>children up to age 19) | \$0<br>(covered in full)         | 20% coinsurance<br>after deductible<br>(covered in full for<br>children up to age 19) | 40% coinsurance<br>after deductible |
| Non-Hospital Based Lab/<br>X-Ray/Diagnostic and<br>High End Radiology<br>(MRI, CT, PET) | \$0<br>(covered in full) | \$75 copay   | \$0<br>(covered in full)         | \$75 copay<br>(covered in full for<br>children up to age 19)                          | \$75 copay                          |

For more details on the medical plans, see the Benefit Comparison Chart at harvardpilgrim.org/bilh.

|  | Tiered POS                       |  |   |                                     |
|--|----------------------------------|--|---|-------------------------------------|
|  | Tier 1                           | Tier 2   | Tier 3                                    | Out-of-Network                      |
| Annual Deductible  | None                             | \$500/\$1,000<br>member/family   | \$2,000/\$4,000<br>member/family          | \$2,000/\$4,000<br>member/family    |
| Out-Of-Pocket Maximum (includes medical copays, coinsurance and deductible)                | \$3,000/\$6,000<br>member/family |  |   |                                     |
| Preventive Care Visits   |                                  | <b>\$0</b> (c  | overed in full)                           |                                     |
| PCP Office Visit   | \$20 copay                       | \$30 copay<br>(\$20 copay<br>for children<br>up to age 19)                               | \$75 copay                                | 30% coinsurance<br>after deductible |
| Specialist Office Visit  | \$30 copay                       | \$45 copay<br>(\$30 copay<br>for children<br>up to age 19)                               | \$100 copay                               | 30% coinsurance<br>after deductible |
| Mental Health/ Substance Abuse Office Visits (group and individual)                        |                                  | \$20 copay   |   |                                     |
| Inpatient Mental<br>Health/Substance<br>Abuse  | \$0 (covered in full)            |  |   | 30% coinsurance<br>after deductible |
| Urgent Care  | \$30 copay                       | \$70 copay   | \$110 copay                               | 30% coinsurance<br>after deductible |
| Emergency Room<br>(ER) Care<br>(waived if admitted)  | \$150 copay                      |  |   |                                     |
| Emergency Admission  | \$0 (covered in full)            |  |   |                                     |
| Inpatient Hospital   | \$0<br>(covered<br>in full)      | 10% coinsurance<br>after deductible<br>(covered in full<br>for children<br>up to age 19) | 20%<br>coinsurance<br>after<br>deductible | 30% coinsurance<br>after deductible |
| Day Surgery<br>(including scopic<br>procedures, e.g.<br>colonoscopy)                       | \$0<br>(covered<br>in full)      | 10% coinsurance<br>after deductible<br>(covered in full<br>for children<br>up to age 19) | 20%<br>coinsurance<br>after<br>deductible | 30% coinsurance<br>after deductible |
| Hospital Based Lab/<br>X-Ray/Diagnostic and<br>High End Radiology<br>(MRI, CT, PET)        | \$0<br>(covered<br>in full)      | 10% coinsurance<br>after deductible<br>(covered in full<br>for children<br>up to age 19) | 20%<br>coinsurance<br>after<br>deductible | 30% coinsurance<br>after deductible |
| Non-Hospital<br>Based Lab/X-Ray/<br>Diagnostic and<br>High End Radiology<br>(MRI, CT, PET) | \$0<br>(covered in<br>full)      | \$75 copay<br>(covered in full<br>for children<br>up to age 19)                          | \$75 copay                                | 30% coinsurance<br>after deductible |

## **Key Terms to Know**

**Copay:** The amount you pay for a covered service each time you use that service. It does not apply toward the deductible.

Coinsurance: Percentage of the charge that you will pay, generally after you have met the deductible (if applicable).

**Deductible:** The amount you pay each year before the plan begins to pay. It does not include office visit or prescription drug copays.

#### **Out-of-pocket costs:**

Expenses you pay yourself, such as deductibles, copays and uncovered services.

#### **Out-of-pocket maximum:**

The maximum amount you pay for covered services in a year. There are separate out-of-pocket maximums for medical services and prescription drugs filled at a retail pharmacy or through mail order.

**Premium:** The amount you pay for insurance from your paycheck.



## **MyConnect: Your Direct Connection to Harvard Pilgrim**



Need help finding a BILH provider? Want to talk to someone about your medical plan options? Looking for support managing a condition? Harvard Pilgrim MyConnect is here to help. Your dedicated Member Advocate team can guide you before, during and after you enroll — and help you make the most of your medical plan all year long.

#### **How Your Member Advocate Team Can Help**

| Medical Plan Guidance  | Connect You With the Right Resources  |
|--|---|
| <ul> <li>Explain your medical plan options</li> <li>Help you change your PCP</li> <li>Help you find a specialist and other providers</li> <li>Explain how you can save money by seeing Tier 1 providers in the BILH network</li> <li>Go over your deductible and out-of-pocket maximum balances</li> <li>Resolve a billing issue</li> <li>Find out the status of a claim submitted by your provider</li> <li>And more</li> </ul> | <ul> <li>Chronic condition support. Harvard Pilgrim's Clinical Care team of nurse care managers and other professionals can help assess your needs, coordinate health care services, develop a customized plan for you and provide ongoing support — all in coordination with your PCP.</li> <li>Lifestyle management coaching. Get support and motivation from a certified lifestyle coach for issues like managing weight, smoking cessation, reducing stress and increasing physical activity. (Ages 18+)</li> </ul> |

### **Get Started Today**

Contact your Member Advocate team by phone, via the app or online — whatever is most convenient for you: Monday, Tuesday, Thursday and Friday: 8 a.m.- 8 p.m., and Wednesday: 10 a.m.-8 p.m.

- Phone: Call (888) 333-4742 (have your Harvard Pilgrim ID number ready); you can receive assistance in multiple languages if needed
- Chat: Send a secure message through the MyConnect app
- Online: Send a secure message through your Harvard Pilgrim online member account at www.harvardpilgrim.org/bilh

### **How to Get the MyConnect App**

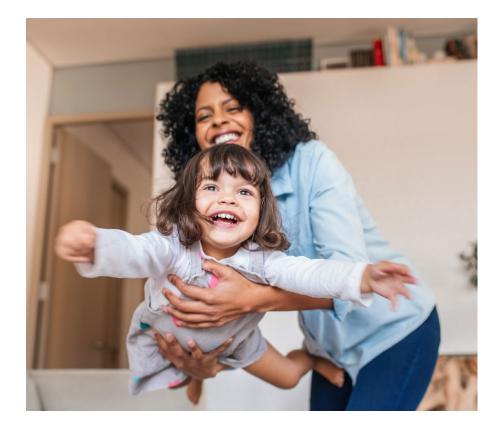
Download the Harvard Pilgrim MyConnect app from the Apple App Store or Google Play and use access code **HAPICONNECT**.

## **Prescription Drug Coverage**

If you enroll in one of the medical plans, you will receive prescription drug coverage from CVS Caremark. The pharmacy benefit is the same, regardless of which medical plan you select. You will receive a separate ID card from CVS Caremark to use for your prescription drug services. The CVS Caremark pharmacy network includes the BILH Pharmacy as well as CVS, Walgreens, Target, Walmart, Stop & Shop and more. For a list of participating pharmacies, visit caremark.com.

Your prescription copay amount will be based on the type of drug you are using:

- **Generic** Generic consists of low-cost generic drugs and are at the lowest-copay level. These drugs contain the same active ingredients as their brand-name counterparts.
- Preferred Preferred consists primarily of brand-name drugs that CVS
   Caremark has determined to be more effective, less costly or to have
   fewer side effects than similar medications. These drugs typically do not
   have a generic equivalent available.
- Non-Preferred Non-preferred consists mostly of high-cost brand-name drugs with lower cost generic and/or brand alternatives. These drugs have been selected by the plan based on review of the relative safety, effectiveness and cost of the many brand-name drugs on the market. In some cases, non-preferred may include generic drugs determined to be more costly than their brand-name alternatives.



# Save Money When You Use a BILH Pharmacy

You will pay a lower copay: \$5 for a 30-day supply and \$10 for a 90-day supply through home delivery or at a retail BILH, Lahey or BIDMC pharmacy — no matter the prescription type. Using a BILH Pharmacy supports the system and saves you money; it's a win-win for us all!

Transfer your current prescriptions by filling out the BILH Pharmacy Direct enrollment form, and be sure to ask your doctor to send new prescriptions to a BILH pharmacy!

To learn more, email PharmacyEnrollment@bilh.org or call 781-352-6640.

|  | Prescription Drug Coverage for All Medical Plan Options |  |  |
|--|---|--|--|
|  | 30-day Supply   | 90-day Supply  |  |
| BILH Pharmacy/Home Delivery and<br>Select Lahey Pharmacies | \$5 copay<br>(no matter the prescription type)          | \$10 copay<br>(no matter the prescription type)          |  |
| CVS Caremark National Network                              | In-Network Pharmacies<br>(30-day Supply)                | CVS Retail Pharmacy or<br>CVS Mail-Order (90-day Supply) |  |
| Generic  | \$15 copay  | \$30 copay   |  |
| Preferred Brand  | \$40 copay  | \$80 copay   |  |
| Non-Preferred Brand  | \$60 copay  | \$180 copay  |  |
| Out-of-Pocket Maximum                                      | \$3,000 member/\$6,000 family                           |  |  |

Your annual out-of-pocket maximum for prescriptions is \$3,000 if you enroll in individual coverage, or \$6,000 if you have one or more dependents. You can save money on prescriptions by asking your doctor to prescribe generic medications, when possible. You can learn more by visiting **caremark.com** or by downloading the CVS Caremark app. If you have questions, you can call CVS Caremark at **855-303-3980**.

#### **Specialty Medication Copay Assistance Program**

The BILH Copay Assistance Program helps reduce out-of-pocket costs incurred by members of our employer-sponsored health insurance plans for certain high-cost medications, called "specialty medications." You and/or your covered dependents will be contacted if you take a qualifying specialty medication. You can also call **781-352-6635** to confirm if your specialty medication is eligible for financial support through the program.

## **List of Covered Drugs for 2023**



The prescription drug program uses the Advance Control Formulary as the official list of covered drugs. You can learn more about the formulary by visiting **caremark.com**.

## **Dental Plan Options**

You can choose from two dental plan options available through Delta Dental. When you use Delta Dental PPO or Premier network providers, you will have lower costs when you visit the dentist.

- Low Option The Low Option offers lower premiums and a lower annual deductible, but does not cover Type 3 (major restorative) services or orthodontia, and does not allow you to roll over unused claim dollars from one year to the next.
- High Option The High Option has higher premiums and provides a higher level of coverage, including Type 3 (major restorative) services and orthodontia (for dependents up to age 19), and allows you to roll over some of your unused claim dollars from one year to the next.

You and your dependents who enroll in a dental plan option will receive ID cards from Delta Dental. To learn more, visit **deltadentalma.com** or call **800-368-4708**.

#### **Verify Your Dentist**

Dentists often change networks. For more information or to see if your dentist is in the Delta Dental PPO or Premier network, visit **deltadentalma.com** (and click on the Delta Dental PPO Premier link) or download their app.

| Delta Dental Low Option and High Option What you pay  |  |  |  |  |
|---|--|--|--|--|
|   | Low Option   | High Option  |  |  |
| Annual Deductible (amount you pay each year before the plan begins to pay)  | \$25 individual/\$75 family<br>Type 2 only                         | \$50 individual/\$150 family<br>Type 2 & 3 only                                      |  |  |
| <b>Type 1: Preventive</b> (oral exams, cleanings, full-mouth, bitewing and single-tooth x-rays, fluoride treatments', space maintainers' and sealants')       | \$0<br>(covered in full; incudes 2 yearly<br>exams with cleanings) | \$0<br>(covered in full; incudes 2 yearly<br>exams with cleanings)                   |  |  |
| Type 2: Basic Restorative Services (white fillings, extractions, oral surgery, periodontal surgery, root canal therapy, anesthesia, bridge or denture repair) | 40% coinsurance,<br>after deductible                               | 20% coinsurance,<br>after deductible   |  |  |
| Type 3: Major Restorative Services (fixed bridges and crowns, implants, dentures, onlays)   | Not Covered  | 50% coinsurance,<br>after deductible   |  |  |
| Type 4: Orthodontia Coverage (complete exam and active orthodontic treatment and appliances)  | Not Covered  | Only for dependents up to age 19; 50% coinsurance up to \$1,000 lifetime maximum     |  |  |
| Plan Year Maximum<br>(the maximum amount the plan pays for covered services in a<br>calendar year)  | \$1,000 individual   | \$5,000 individual   |  |  |
| Rollover Maximum (The maximum amount of unused claim dollars you are permitted to rollover from one plan year to the next)                                    | Not available  | Up to \$750/year if annual claims are less than \$1,000 (up to a maximum of \$1,500) |  |  |

<sup>\*</sup> Age limitations apply.

Both plans also provide reimbursement for care received from providers outside the Delta Dental PPO or Premier network. Non-participating providers may balance bill you; see the Dental Plan summary for more information on out-of-network benefits.

## **Vision Plan Options**

Two vision plan options are available from EyeMed Vision Care: The Low Option and the High Option. Both plans cover eye exams, frames, lenses and contact lenses as well as offer a variety of discounts on services and materials.

- **Low Option** The Low Option offers lower premiums, requires a \$10 eye exam copay and pays less for frames and contact lenses.
- High Option The High Option has higher premiums, does not require an eye exam copay and pays more for frames and contact lenses.

You have access to a custom provider network that includes BILH providers. You can also access EyeMed's nationwide network of independent, retail and online providers — including LensCrafters, Target Optical, Pearle Vision and Contacts Direct. Visit the **EyeMed directory** to search for providers.

If you enroll in a vision plan option, you will receive an ID card from EyeMed for 2023.

You have access to a custom provider network that includes BILH providers.

| Vision Plan Comparison Chart (In-Network)                        |  |   |  |  |
|--|--|---|--|--|
| Type of Service  | Low Option   | High Option   |  |  |
| Routine Eye Exam<br>(once per calendar year)                     | \$10 copay   | \$0 copay   |  |  |
| Frames (once every two calendar years)                           | \$150 allowance, plus 20% off balance  | \$175 allowance, plus 20% off balance   |  |  |
| <b>Lenses</b> (once per calendar year)                           | <ul> <li>\$10 copay for single vision, bifocal and trifocal lenses</li> <li>\$75 copay for standard progressive lenses</li> <li>\$95-\$185 copay for premium progressive lenses</li> </ul> | <ul> <li>\$0 copay for single vision, bifocal and trifocal lenses</li> <li>\$50 copay for standard progressive lenses</li> <li>\$70-\$175 copay for premium progressive lenses</li> </ul> |  |  |
| Contact Lenses<br>(in lieu of lenses;<br>once per calendar year) | <ul> <li>Conventional:<br/>\$150 allowance,<br/>plus 15% off balance</li> <li>Disposable: \$150 allowance</li> </ul>   | <ul> <li>Conventional:<br/>\$175 allowance,<br/>plus 15% off balance</li> <li>Disposable: \$175 allowance</li> </ul>  |  |  |
| Plus Other Discounts!  | <ul> <li>40% off additional pairs of glasses</li> <li>40% off hearing exams and discounted pricing on hearing aids</li> <li>15% off LASIK surgery</li> <li>And more!</li> </ul>            |   |  |  |

Contact EyeMed at 866-723-0514 or visit member.eyemedvisioncare.com.

<sup>\*</sup> If you do not elect vision coverage, routine eye exams will be covered under your medical insurance.

## Flexible Spending Accounts (FSAs)

You have two FSA options as a smart and convenient way to stretch your benefit dollars and receive real tax savings: the Health Care FSA and Dependent Care FSA. Both are administered through Sentinel Benefits and allow you to contribute pre-tax dollars through payroll deductions. You then reimbursed tax-free through the account for eligible expenses. Be sure to review the list of eligible and ineligible FSA expenses on Sentinel's website at www.sentinelgroup.com/BILH-Benefits.

#### **Benny Card: FSA Debit Card**

If you enroll in the FSA plan, you will automatically receive two Sentinel Benny Cards to use, which are tied to your FSA account. Both cards will come in your name as the BILH employee; however, one of the cards can be given to a spouse or eligible dependent to use (as long as he or she signs the back of the card). Just activate your cards and you can begin using them to spend your FSA dollars in 2023.

**Notes:** If you enroll in the Health and/or Dependent Care FSA, as well as either the Parking or Transit Commuter Program, you will use the same Benny Card for all eligible expenses for those programs.





#### **Important**

If you want to participate in an FSA, IRS rules require that you enroll each year (FSA elections do NOT carry over to the next year) and elect an annual amount. You must use the amount you set aside in your account by the deadline or you will lose any remaining funds.

More information about Flexible Spending Accounts can be found at www.sentinelgroup.com/BILH-Benefits.

**DEADLINE TO SUBMIT EXPENSES IS** 

MARCH 31, 2024

## **How FSAs Work Health Care FSA\* Dependent Care FSA\*** Up to \$5,000 per year pre-tax Up to \$3,050 per year pre-tax (\$2,500 if married filing separately) **Eligible Expenses Examples Eligible Expenses Examples** Medical, pharmacy, dental and vision Daycare, daytime summer camp and deductibles, copays, coinsurance, nursery school for children under age dental care, eyeglasses and other 13, disabled children of any age and out-of-pocket costs dependent adults **INCUR EXPENSES BY MARCH 15, 2024** Dependent health care expenses are not eligible for reimbursement with this account; those expenses may be covered with a Health Care FSA. **INCUR EXPENSES BY MARCH 15, 2024** Use your Benny debit card at the point Use your Benny debit card at the point of service: or of service; or Submit receipts and documentation Submit receipts and documentation for for reimbursement at reimbursement at www.sentinelgroup. www.sentinelgroup.com/ com/BILH-Benefits **BILH-Benefits**

**DEADLINE TO SUBMIT EXPENSES IS** 

MARCH 31, 2024

<sup>\*</sup> FSAs are subject to discrimination testing under IRS rules and the maximum amount that you can contribute in a plan year may be reduced. You will be notified if any changes in your contributions need to be made.

# **Financial Benefits**

## **Disability**

Disability insurance, provided through Unum, is a source of financial protection if you are unable to work due to illness or injury. To learn more visit https://flimp.live/BethIsraelLaheyHealth or call 866-679-3054.

### **Voluntary Short-Term Disability (STD)**

STD coverage protects your income in the event of an illness, injury or during maternity leave. The STD plan pays either 60% or 75% of your base pay (weekly base earnings), up to \$3,000 per week for up to 26 weeks while you remain unable to work due to a qualifying non-work-related illness or injury. Evidence of Insurability may be required to elect or increase coverage; see page 17.

You pay the full cost of STD coverage if elected, which is based on the coverage level and elimination period\* you select as well as your salary and age as of your date of hire:



<sup>\*</sup> Benefit elimination period is the number of consecutive calendar days you need to be out of work totally disabled before your STD benefit would begin.

#### Massachusetts Paid Family and Medical Leave (MAPFML)

This law provides paid, job-protected family and medical leave benefits to eligible workers in Massachusetts. MAPFML applies to:

- Your own serious health condition
- Bonding with a new child (newborn, recent adoption or foster care placement)
- Complications resulting from the military deployment of a family member
- Caring for a family member with a serious illness or injury

In most instances, MAPFML will run at the same time as the existing federal Family Medical Leave Act (FMLA) and Massachusetts leave laws, including the Earned Sick Time Act and the Massachusetts Parental Leave Act; it will not replace or repeal them. That means when you take time off for a qualifying reason — for example, the birth of a child — it will count toward your maximum leave entitlement under all applicable laws. Weekly benefits under MAPFML are calculated as a percentage of your total earnings up to a maximum of \$1,129.82 per week and will be paid directly by the state.

Please note that there are important regulations that restrict the simultaneous collection of both the MAPFML benefit and any accrued paid time off (i.e., vacation, EIB, sick time). For more detailed information, please consult www.mass.gov/DFML. You can also use this calculator (https://calculator.digital.mass.gov/pfml/yourbenefits/) to estimate the benefits you may be eligible for if you plan to take leave.

You should carefully consider if you want to elect STD. See **Considerations for Electing Voluntary STD** on **page 17** for more information.

#### **Considerations for Electing Voluntary STD**

Consider your needs carefully as you decide whether to elect voluntary Short-Term Disability coverage. Here are questions to think about as you make your decision:

- Are you anticipating a leave for your own medical condition (such as pregnancy, planned surgery or other)?
- How much income do you need to replace during your leave?
  - Will the MAPFML benefit provide enough income for you during your leave? The maximum weekly benefit is \$1,129.82. Use the calculator (https://calculator.digital.mass.gov/pfml/yourbenefits/) to estimate the amount you may be eligible for if you plan to take leave.
  - If you need more, consider either a) using other available accrued time instead of taking MAPFML leave; or b) electing STD coverage.
- If you decide to elect STD coverage, you have a number of decisions:
  - How much income replacement do you need?
    - > There are two plan options: 60% or 75% income replacement, up to a weekly maximum of \$3,000.
    - > Note: MAPFML benefits will "offset" STD benefits. This means Unum will pay any additional amount over your MAPFML benefit to achieve 60% or 75% income replacement.
  - When do you need the STD benefit to start paying?
    - > Shorter elimination period (7 or 14 days) starts STD benefits sooner but costs more.
    - > Longer elimination period (30 days) costs less but requires more time before benefits pay.
- If you decline STD coverage after your initial enrollment but want to elect in future years, you will need to provide Evidence of Insurability.

Everyone's needs are different based on their own situation. It's important that you take time to understand the MAPFML law, review all available information and think carefully about your needs for the upcoming year.

#### **Long-Term Disability (LTD)**

If you experience a covered disability, the LTD plan will replace a portion of your salary if you are disabled and out of work for more than 180 days. Generally, benefits are payable to age 65. LTD benefits reduce beginning at age 65.

#### Basic LTD

We automatically provide eligible employees working 20 or more hours a week with Basic LTD coverage equal to 60% of monthly pay (maximum of \$10,000 per month). Basic LTD is provided at no cost to you.



#### **Buy-Up LTD**

If you would like additional coverage, you may elect Optional Buy-Up LTD (for a total of 66 2/3% coverage up to a monthly maximum of \$15,000). You pay for Optional LTD on an after-tax basis.

#### **Consider Your Needs Carefully!**



If you waive STD or Buy-Up LTD coverage at initial offer, Evidence of Insurability will be required to elect coverage in the future.

## Life and Accidental Death & Dismemberment Insurance

BILH provides basic life insurance to eligible employees. For added protection, you may purchase supplemental life insurance for yourself and your dependents. You can also purchase Voluntary Accidental Death & Dismemberment (AD&D) insurance coverage specifically for accidental death or injury. Coverage is insured by Voya.

**Notes:** Basic, supplemental and dependent life insurance and voluntary AD&D insurance coverage reduces beginning at age 65. In addition, when Evidence of Insurability is required, coverage will not become effective until approved by the insurance company.

#### **Basic Life Insurance**

We automatically provide you with basic employee life insurance coverage at no cost to you.

The benefit is: 1 x your annual base pay, up to the maximum (combined with supplemental life) of \$2,250,000



to reduce your basic life insurance to \$50,000 (called the "Tax Choice") so you do not have to pay imputed income tax.

#### **Supplemental Life Insurance (Voya)**

You may purchase supplemental life insurance coverage for yourself, your spouse and your children, as described in the boxes below. You pay the rate based on your age as of your date of hire for coverage for yourself and your spouse; the cost for children is a single rate no matter how many you cover.

You may elect up to \$500,000 in supplemental life insurance for yourself and up to \$50,000 for your spouse without Evidence of Insurability. No Evidence of Insurability is required for child life insurance.

## **Employee**

#### LIFE INSURANCE AMOUNT

1 to 8x your annual base pay in increments of 0.5x, rounded to the next higher \$1,000, up to \$2,250,000 maximum

(combined with basic life)

## Spouse

#### LIFE INSURANCE AMOUNT

\$10,000 to \$300,000\* in \$10,000 increments

## Children\*\*

\$10.000 or \$15.000\*

- \* Cannot exceed 100% of the approved employee supplemental life insurance amount.
- \*\* Children are eligible for coverage until they reach age 26.

#### **Choose Your Beneficiaries**



As part of electing coverage, you will choose beneficiaries for each policy. It is important to keep your beneficiary information updated as life changes occur.

#### **Consider Your Needs Carefully!**

You have the one-time opportunity to enroll in coverage without Evidence of Insurability. You may choose life insurance up to \$500,000 in supplemental life insurance coverage and up to \$50,000 in spouse life insurance coverage without Evidence of Insurability. After the initial offer, Evidence of Insurability may be required to elect or increase coverage in the future. So be sure to think about your family's needs as you elect coverage for 2023.



#### **Voluntary AD&D Insurance (Voya)**

You have the option to purchase additional protection if you suffer certain injuries or die as the result of an accident. You can elect AD&D coverage as shown in the boxes below. You pay the rate for the amount of coverage as well as who you will cover (spouse and/or children).

## **Employee**

### **AD&D INSURANCE AMOUNT**

1 to 6x your annual base pay in increments of 0.5x, rounded to the next higher \$1,000, up to \$1,500,000 maximum

## **Spouse**

#### **AD&D INSURANCE AMOUNT**

\$10,000 to \$300,000\* in \$10,000 increments

## Children\*\*

AD&D INSURANCE AMOUNT \$10,000 or \$15,000\*

This voluntary benefit plan will pay AD&D benefits in addition to any other life insurance. Depending on the type of physical loss, you may receive part or all of your benefit. In the event of death, your beneficiary would receive the benefit amount. No Evidence of Insurability is required.

<sup>\*</sup> Cannot exceed 100% of the employee voluntary AD&D insurance amount.

<sup>\*\*</sup> Children are eligible for coverage until they reach age 26.

## **Accident Insurance**

The accident insurance plan provides benefits to help cover the costs associated with unexpected bills due to a covered accident. When an accident occurs on or off the job, the last thing you should have to worry about is paying for the charges that may be accumulating while you're not at work. You can enroll in coverage for yourself, your spouse or your child(ren) and you can choose between a High and Low plan to best meet your needs.

If you buy this insurance and get hurt in an accident, Voya will provide benefit payments to you for covered injuries. You can use these payments however you'd like, such as for uncovered medical expenses or ongoing living expenses.

Accident insurance includes additional financial protection that can assist you and your family:

- Sport Accident Benefits: Coverage is increased by 25% (up to an additional \$1,000) if the accident occurs during an organized sport or activity.
- Health System Benefits: If you use a BILH provider of facility to treat your injuries, coverage is increased by 25% percent (up to an additional \$1,000).

We encourage you to carefully consider the benefits of accident insurance, and enroll if it makes good sense for you and your family, particularly if active in sports.

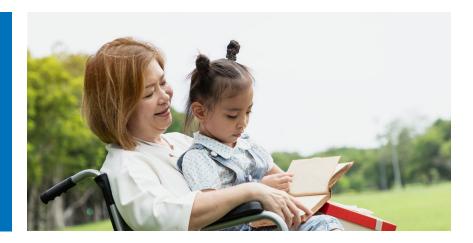
To learn more about the accident insurance benefit, visit https://presents.voya.com/EBRC/BILH2.

#### **Did You Know...?**



Accident insurance can help with more than just medical claims or hospital bills.

Use it to cover ancillary expenses such as groceries, utility bills or lost income from taking time off work to care for yourself or your dependent during their accident-related injury.



### **About Voluntary Benefits**

The accident insurance, critical illness and hospital indemnity plans are not health insurance and do not satisfy the requirement of minimum essential coverage under the Affordable Care Act.

## **Critical Illness Insurance**

## Critical illness insurance can help cover the extra expenses associated with a severe, life-threatening illness.

When a serious illness happens to you or a loved one, this coverage provides you with a lump-sum payment upon diagnosis. Payments may be used to help pay for expenses generally not covered by medical and disability income coverage.

Upon diagnosis with a qualifying serious illness after the coverage effective date, you can receive an immediate lump-sum benefit. You can use those funds any way you choose. You can elect coverage for you, your spouse or your child(ren).

Covered Illness
Examples: Heart attack,
stroke, coronary artery
bypass graft, Alzheimer's and major

organ transplant. In addition, this coverage includes an Infectious Disease benefit that will pay \$500 for a covered infectious disease.

#### You

\$15,000 or \$30,000

### **Your Spouse**

100% of the employee's benefit

## Your Child(ren)

50% of the employee's benefit

Benefits are payable at 100% of the coverage level unless otherwise noted in the certificate and policy document.

The rate you pay depends on your age, amount of coverage elected and who you cover (spouse and/or children).

#### Added Benefits for Wellness and COVID-19

Every year, you and your covered spouse can also receive \$75 for getting a health screening test, such as blood tests, chest X-rays, stress tests, colonoscopies, mammograms, COVID-19 screenings and other tests listed in your policy. Each covered child will receive \$37.50 as a wellness benefit, up to a maximum of \$150 for all covered children.

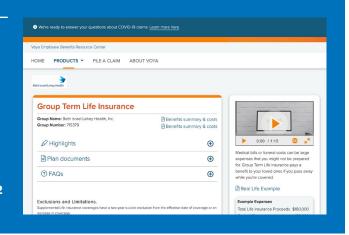
In addition, the plan pays a \$500 benefit if diagnosed with COVID-19 (\$250 for covered children).

## **Learn About Programs on Voya Website**

You can find videos, plan descriptions and more for the programs administered by Voya:

- Life Insurance
- Critical Illness Insurance
- Hospital Indemnity Insurance
- Accident Insurance

Visit their website at https://presents.voya.com/EBRC/BILH2 to learn more about these programs.



## **Hospital Indemnity Insurance**

With an average cost of \$10,000 per hospital stay in the U.S., it's easy to see why having hospital insurance coverage may make good financial sense to help complement your medical coverage.



The plan pays a fixed daily benefit payment if you have a covered stay in a hospital. If you are admitted to the hospital (non-ICU), you can receive a \$500 hospital admission benefit and a \$50 per day confinement benefit. **The plan provides a higher level of benefit – two times the above amount – if you are admitted to a BILH facility.** 

#### Features of this insurance include:

- Guaranteed acceptance for you and other eligible family members (you can elect coverage for yourself only, or for your spouse and/or eligible children)
- Benefits double if you are admitted to or confined at a BILH facility
- Payments are made directly to you, not your health care provider
- Covers maternity care admission with no pre-existing condition limitation

The amount you pay for coverage depends on the amount of coverage elected and who you cover (spouse and/or children).

To learn more about the hospital indemnity benefit, visit https://presents.voya.com/EBRC/BILH2.

## **Legal Insurance**

# You have the option of purchasing legal coverage through ARAG.

Legal coverage isn't just for the serious issues, it's for your everyday needs, too. Legal insurance helps you address common situations like creating wills, transferring property or buying a home.

With ARAG, you have access to a network of attorneys that cover 100% of the cost of most covered matters, including:

- Preparation of wills and trusts
- Administrative hearings

Family law

Debt matters

Tax issues

Real estate transactions

Bankruptcy

· And more

To learn more about the ARAG legal insurance plan, visit **ARAGlegal.com/myinfo** (enter access code 10183bil) or call **800-247-4184**.



## **Retirement Benefits**

Saving for a more secure financial future is important, and retirement benefits to help you save are a valuable component of our comprehensive Total Rewards program.

You can find information about your organization's retirement benefits on your local intranet or by contacting your HR representative.

## **Paid Time Off**

BILH offers paid time off that can be used when you are absent due to vacation, holidays, illness, personal reasons and emergency situations.

You can find information about your organization's time off benefits on your local intranet or by contacting your HR representative.



## **Commuter Program**

The Commuter program' allows you to put away pre-tax dollars for situations where you have to pay to park and/or take public transportation in the process of commuting to and from work. This program — which does not replace local subsidized parking or commuter programs — is available to all organizations within the BILH system.' There are two different Commuter plan types to choose from:

- The **Parking FSA** allows you to use pre-tax dollars to pay for parking at or near work, as well as at or near a location from which you commute to work by mass transit, by vanpooling, in a commuter highway vehicle, by carpool or by any other means.
- The **Transit FSA** allows an employee to use pre-tax dollars to pay for any pass, token, voucher or similar item that provides transportation on mass transit facilities, including: train, bus and ferry. It also covers eligible vanpool arrangements.

**Note:** If you enroll in the BILH Commuter program for 2023, you will automatically receive two Sentinel Benny Cards to use, which are tied to your FSA account. Just activate your cards and you can begin using them to spend your 2023 Commuter dollars.

More information about the Commuter program can be found at **www.sentinelgroup.com/BILH-Benefits**.

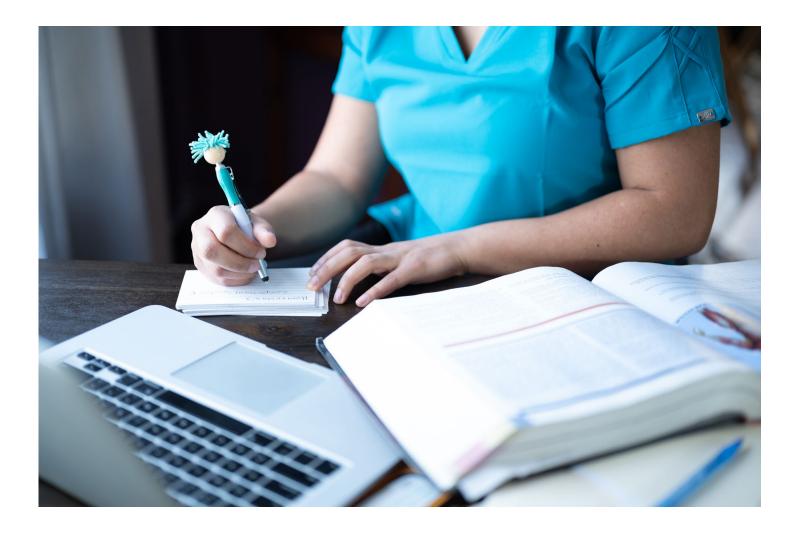
The Commuter program allows you to put away pre-tax dollars for situations where you have to pay to park and/or take public transportation.

<sup>\*</sup> If you participate in a subsidized parking or transit plan through a BILH organization, you are not eligible to enroll in the Sentinel Commuter program.

## **Tuition Assistance Benefit**

The Tuition Assistance Program, administered by Sentinel Benefits, reimburses you for expenses incurred in pursuing additional education and, in some cases, certifications. The criteria for becoming eligible, amount available to you for reimbursement and various types of covered education expenses are all defined in your hospital's Tuition Policy. Please consult your hospital's policy for specific information about the benefit provided to you.

If you wish to take advantage of the Tuition Assistance Program, you will work with Sentinel Benefits to request and receive payment under the policy. Sentinel will provide an electronic application to apply for the program. If your application is approved, your request and any corresponding payment will be processed once you provide the required supporting documentation, which is also defined in your organization's Tuition Policy. You can provide this supporting documentation through your online account with Sentinel Benefits. Additional information about logging into your Tuition account with Sentinel can be found by visiting www.sentinelgroup.com/BILH-Benefits.



# Well-Being Benefits

## **BILH Living Well: Resources to Help You Focus on YOU**

BILH and Harvard Pilgrim are making it easy for you put your well-being first. Get moving and reduce stress with this customized well-being program. Accumulate points for completing fun challenges and webinars, then get rewarded! Plus, learn about \$150 fitness reimbursement, discounts and other extras to help you stay healthy.

Go to harvardpilgrim.org/bilhlivingwell for complete details.

## Interactive Programs Through Your Online Account\*

- Sign up for your online account and download the Limeade app
- Earn rewards for completing monthly well-being challenges, webinars and activities
- Focus on what matters to you — physical activity, healthy eating, healing, recovery, stress management and more

#### **Featured Ongoing Programs\***

- Ompractice: Virtual yoga via two-way video, so your teacher can always see and support you
- Savory Living: Learn how to use food as medicine to reduce inflammation for a variety of conditions in this 12-session online healthy eating program
- Living Well at Home virtual classes for the whole family (yoga, Zumba, guided mindfulness, health and wellness webinars and more)

#### Extras for Harvard Pilgrim Members

- Up to \$150 in fitness reimbursement (see below)
- Discounts and savings on health and well-being products and services
- Lifestyle management coaching helps members age 18+ with issues like managing weight, smoking cessation, reducing stress and increasing physical activity

## **Fitness Reimbursement**



Whether you prefer going to the gym or practicing yoga, Harvard Pilgrim will reimburse you for up to \$150 in fees

you pay toward a fitness facility or other qualified membership. You can even use your reimbursement toward a virtual fitness class subscription.

Note: You must be enrolled in the medical plan and have a fitness membership or subscription for at least 4 months to qualify for this reimbursement.



<sup>\*</sup> Available to BILH employees and their spouses.

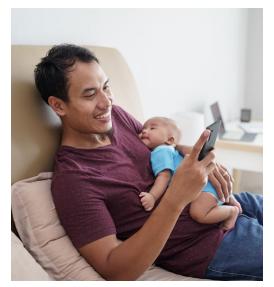
## **Employee Assistance Program (EAP)**

The Employee Assistance Program (EAP), offered through KGA, provides free, confidential consultations, counseling and referrals at no cost to you and your adult household members. Contact the EAP for convenient, expert and confidential support.

### Here are some ways KGA will be able to help:

- COUNSELING: In-person, phone or video sessions for emotional and mental health issues
- CRISIS: Immediate intervention for depression, anxiety, substance misuse, etc.
- COVID-19: Practical resources and consultations for the ongoing issues resulting from the pandemic
- CONVENIENCE: Referrals for home and community-based services
- **ELDERCARE:** Consultations and referrals for eldercare services and caregiver support
- FAMILY & CHILDCARE: Referrals for childcare needs and support for parenting challenges. Access to family/couples counseling

- FINANCIAL: Consultations with licensed professionals for debt management, budgeting, identity theft and financial planning
- LEGAL: Consultations with an attorney and referrals for most legal issues
- NUTRITION: Consultations with a registered dietitian on weight management, food allergies, children's nutrition and other dietary questions
- STRESS: Assessment of stress level and techniques/tips for managing stress
- WORK & CAREER: Guidance on navigating current role or exploring new career



## The program is available 24/7 to all employees.

#### **Contact KGA at:**

Online: https://my.kgalifeservices.com/?org\_code=bilh

Phone: 855-760-BILH (2454)

**Get the App:** KGA Mobile allows access by phone, text, chat or email when you need assistance. Download KGA Mobile *free* from the App store (iPhone) or Play store (Android).

**Learn More:** Watch this 90-second overview video at https://kgreer.wistia.com/medias/wnpcz0w6vy

## **Care@Work**

Care@Work can help you find caregivers for your whole family, including your child(ren), parents/grandparents and/or pets as well as your home.

Your employee benefits include a free Care.com membership, Expert Assistance and up to 15 Backup Care days per year. You can book Backup Care for children or adults up to 90 days in advance (for in-home care) or 30 days in advance (for in-center care), and up to 2 - 4 hours before care begins. In-home care requires a \$16 hourly copay, and in-center care requires a \$10 daily copay, and BILH pays the remaining cost.

In addition to the Backup Care benefit, you can use Expert Assistance to find nannies and babysitters, tutors, special needs caregivers, pet sitters and groomers, adult companion care and housekeepers.

Call **855-781-1303**, ext. 4 or email **expertassistance@care.com** to connect with a Care Specialist to get started. You can also visit **bilh.care.com** and register using your work email. Please visit your local intranet for information on other childcare benefits that may be available through your organization.

## **Benefits and Discounts Through BenefitHub**

BenefitHub is a centralized website with access to benefits and discounts specifically for our employees.

When you log on to BenefitHub, you'll have access to:



**Auto and Home Insurance.** Discounted rates for auto and home insurance from Liberty Mutual or Farmers Insurance. You can log on to BenefitHub for access to new coverage and rates at the end of your policy period.



**Pet Insurance.** Discounted insurance for your pets through Nationwide that provides medical protection for accidents and illness for your pets. You can log on to BenefitHub for access to new coverage and rates at the end of the policy period.



**Identity Theft Protection Insurance.** Protect and monitor your personal information and guard against identity theft.



**Discounts** on everything from hotels, movie tickets, apparel and more!

Log into BenefitHub at http://bilhperks.benefithub.com/ and enter the Referral Code: BE1UCI.

You can access and enroll in programs and policies any time during the year through BenefitHub

27 | 2023 Benefits Guide

# **Benefit Resources**

| Benefits Contacts   |                                |  |  |
|---|--------------------------------|--|--|
| Benefit   | Administrator                  | Contact Information  |  |
| BILH Benefits Helpline  | Sentinel Benefits              | 888-402-1884 BILHbenefits@sentinelgroup.com  |  |
| Medical   | Harvard Pilgrim<br>Health Care | 888-333-4742<br>harvardpilgrim.org/bilh  |  |
| Prescription Drug   | CVS Caremark                   | 855-303-3980<br>caremark.com   |  |
|   | BILH Pharmacy                  | 781-352-6640<br>PharmacyEnrollment@bilh.org  |  |
| Dental  | Delta Dental                   | 800-368-4708<br>deltadentalma.com  |  |
| Vision  | EyeMed                         | 866-723-0514<br>member.eyemedvisioncare.com  |  |
| Flexible Spending Accounts/<br>Commuter/Tuition Assistance<br>Benefit | Sentinel Service<br>Center     | 888-762-6088 Sentinelgroup.com/BILH-Benefits   |  |
| Disability  | Unum                           | 866-679-3054 (general questions)<br>866-330-3266 (to file a claim)<br>https://flimp.live/BethIsraelLaheyHealth |  |
| Life and AD&D Insurance   | Voya                           | 800-955-7736<br>https://presents.voya.com/EBRC/BILH2   |  |
| Critical Illness/Hospital Indemnity/Accident Insurance                | Voya                           | 877-236-7564<br>https://presents.voya.com/EBRC/BILH2   |  |
| Legal   | ARAG                           | 800-247-4184  ARAGlegal.com/myinfo Access Code: 10183bil   |  |
| Employee Assistance Program (EAP)                                     | KGA                            | 855-760-BILH (2454) https://my.kgalifeservices.com/?org_code=bilh  |  |
| Care@Work   | Care.com                       | 855-781-1303<br>bilh.care.com  |  |
| Discounts/Other   | BenefitHub                     | 866-664-4621<br>bilhperks.benefithub.com<br>Referral Code: BE1UCI  |  |

This Guide is intended for benefits-eligible employees only. Complete details of the benefit plans are included in the official plan documents. If there is any difference between the information presented in this summary and the official plan documents, the plan documents will govern. This statement does not constitute an employment contract, nor does it provide guarantee of future employment. The company reserves the right to amend, modify or terminate any of the plans in any manner in whole or part, at any time. For those employees covered by a collective bargaining agreement, the terms of the applicable collective bargaining agreement shall apply absent agreement by the Hospital and your union.

## **About This Guide**

#### This Guide provides information on benefits offered to employees of the following organizations:

- · Anna Jaques Hospital, Inc.
- Beth Israel Deaconess Hospital Milton, Inc.
- Beth Israel Deaconess Hospital Needham, Inc.
- Beth Israel Deaconess Hospital Plymouth, Inc.
- Beth Israel Deaconess Medical Center. Inc.
- · Beth Israel Lahey Health, Inc.
- Beth Israel Lahey Health Primary Care, Inc.
- BILH Performance Network, LLC
- Community Physician Associates
- Joslin Diabetes Center
- · Lahey Clinic Hospital, Inc.
- · Lahey Clinic, Inc.
- · Lahey Health Shared Services, Inc.
- Medical Care of Boston Management Corp., Inc., d/b/a Beth Israel Deaconess HealthCare a/k/a Affiliated Physicians Group

- Mount Auburn Hospital
- Mount Auburn Professional Services, Inc.
- New England Baptist Hospital
- New England Baptist Medical Associates
- Northeast Behavioral Health Corporation
- Northeast Hospital Corporation
- · Northeast Medical Practice, Inc.
- Northeast Professional Registry of Nurses, Inc.
- Northeast Senior Health Corporation
- · Seacoast Affiliated Group Practice, Inc.
- Winchester Hospital
- Winchester Physician Associates, Inc.

