



CHANT Benefits

COASTAL CAROLINA UNIVERSITY BENEFITS NEWSLETTER

IT'S OPEN ENROLLMENT TIME!!!

Open enrollment is your annual opportunity to:

- Change your insurance coverage(s)
- Enroll in a Flexible Spending Account (FSA) for 2024
- Add or Drop dependents from coverage(s)
- All changes made during Open Enrollment will take effect January 1, 2024



Choose your benefits
DESTINATION

Open Enrollment 2023

THIS ISSUE:

- OPEN ENROLLMENT INFO
- OPEN ENROLLMENT INFORMATIONAL SESSIONS
- MOBILE MAMMOGRAPHY
- WELL CHILD BENEFITS
- PATIENT-CENTERED MEDICAL HOMES
- LIFE SERVICES EAP INFORMATION
- "DID YOU KNOW?" CORNER
- CONTACT US

IMPORTANT DATES:

- Open Enrollment
 - September 15th - October 31st
- Open Enrollment Informational Sessions
 - September 28th @2pm
 - October 18th @2pm
- CMC Mobile Mammography
 - November 15th & 16th

Open Enrollment Informational Sessions

In preparation for Open Enrollment for the 2024 benefit year the Benefits Department will be hosting a mix of in-person and virtual Open Enrollment Informational Sessions.

During these sessions topics discussed will include information regarding the Health, Dental and Vision plans, Optional Life Insurance, Supplemental Long Term Disability, Dependent Life Insurance and Medical Spending Accounts/Health Savings Accounts.

2023 Open Enrollment Informational Sessions
September 28th @2pm - In-person
October 18th @2pm - Virtual

[Click here to register](#)

Take full advantage of your insurance benefits to make 2024 your healthiest year yet.

October is Breast Cancer Awareness Month



Breast cancer is the most common cancer in American women, except for skin cancers. It is about 30% (or 1 in 3) of all new female cancers each year. Breast cancer can occur in both men and women. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Save the Date

Mobile Mammography - Nov 15th & 16th

For information on self-exams:

<https://www.nationalbreastcancer.org/breast-self-exam>

Start the School Year off Right: Well Child Benefits

Add well child visits, eye exams and dental exams to your child’s back-to-school list:

- Well child visits allow the doctor to track your child’s growth and vaccines. Check out www.PEBAperks.com for more information about this no-cost benefit.
- Yearly eye exams can detect vision problems that might get in the way of your child’s success in the classroom. Visit www.peba.sc.gov/vision to find out how the State Vision Plan can help.
- Dentists can give your child a routine dental exam, including cleaning that prevents issues like tooth decay and gum disease. Go to www.peba.sc.gov/dental to learn more about your options.

A healthy child is more likely to excel in school. Set your child up for success by scheduling appointments with your doctors today.

Patient-Centered Medical Homes (PCMH)

In a PCMH, a patient has a health care team that is typically led by a doctor. It may include nurses, a nutritionist, health educators, pharmacists and behavioral health specialists. The team makes referrals to other providers as needed.

The focus in a PCMH is on coordinating care and preventing illnesses rather than waiting until an illness occurs and then treating it. The team helps the patient improve their health by working with them to set goals and to make a plan to meet those goals. Typically, a PCMH offers same-day appointments whether the patient is sick or needs routine care. It may have extended hours, and team members may communicate online with patients.

If you receive care at a BlueCross BlueShield of South Carolina-affiliated PCMH, the State Health Plan does not charge Standard Plan members the \$15 copayment for an in-person physician office visit. After Savings Plan and Standard Plan subscribers meet their deductible, they will pay 10% insurance rather than 20% for in-person care at a PCMH.

Learn more about PCMHs and find locations in your area [here](#).

LifeServices Employee Assistance Program

Easily access Free and Confidential 24/7 counseling, support, and personalized content, for dependents and all members of your household, from any device

- Telephonic , Chat and Video Access
- Personalized Content and Activities
- Shopping Discounts

My Life Expert includes the following daily living resources:

- 1000+ Articles, videos and worksheets
- Daily living and lifestyle assessment surveys
- Events calendar for latest webinars and online training sessions
- Build your own customized profile
- 24/7 confidential support
- Interactive checklists

Visit: www.lifeserviceseap.com Use Code: LS0238 Call: 800.822.4847

Did You Know?

Worksite Screening Vouchers

Identifying health issues early can prevent serious illness and help save you money. This benefit, worth more than \$300, allows you to receive a biometric screening at no cost. The screening includes a health risk appraisal, blood pressure screening, height and weight measurements, and blood work and lipid panels.

This screening is offered to employees, retirees, spouses and dependent children ages 19 and older whose primary coverage is the State Health Plan or MUSC Health Plan.

If you did not take advantage of the screenings of the 2023 screenings in March/April and July, you can visit one of our [Participating Screening Providers](#). While it’s not required, you can [print this voucher](#) and take it when you visit for a screening.

CCU's Floating Holiday

Do not forget about your Floating Holiday! At CCU, a floating holiday is a period equivalent to an employee’s average workday that an eligible employee can use to observe a holiday outside the posted University holiday schedule (or applicable holiday schedule).

For more information, visit the Floating Holiday FAQs at the link below.

[Floating Holiday FAQs](#)

Contact us for questions related to insurance or retirement:

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