



University of Alaska Benefits Quick Access Links

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Medical and Pharmacy Benefits

UA Choice [Medical](#) & [Pharmacy](#) Plans | Vendor: [Premera Blue Cross Blue Shield of Alaska](#)

- [Three health plans offered to employees](#); pharmacy plan is included with each plan
 - (1) Premium
 - (2) Copay
 - (3) High Deductible Health Plan (HDHP) with optional Health Savings Account (HSA)

Additional Programs offered with medical plans

- [Telehealth & Virtual Care](#)
 - [Doctor on Demand](#) (*will be replaced with 98point6 on Jan. 1, 2026*)
 - [24-hr Nurse Line](#)



- [Omada](#) (*virtual physical therapy; will no longer be available after June 30, 2026*)
- [Spring Health](#) (*available beginning January 1, 2026*)
- Local telehealth provided by your provider
- [Physical Therapy](#)
 - [Omada](#) (*will no longer be available after June 30, 2026*)
 - [eviCore](#)
- [Mental/Behavioral Health](#) | [TalkSpace](#) and Spring Health
- [Substance Use Disorder](#) | [BoulderCare](#)
- [Chronic Condition Management](#) | [Livongo - Powered by Teladoc](#)
 - Pre-diabetes and diabetes management
 - Hypertension management
 - Weight management
- [Pregnancy and Childbirth](#)
 - BestBeginnings (*will sunset on Jan. 1, 2026*)
 - Prenatal Care
- [Travel for Health Care](#)
 - Medical Access Travel
 - Elective Procedure Travel
 - Centers of Excellence (COE) Travel
- [Pharmacy](#)
 - [ExpressScripts](#)
 - [Accredo and Specialty Medications](#)
 - [SaveonSP Pharmacy Coupon Program](#)



Dental Benefits

UA Choice [Dental](#) Plans | Vendor: [Premera Blue Cross Blue Shield of Alaska](#)

- [Two dental plans offered to employees](#)
 - (1) Premium
 - (2) Basic

Vision Benefits

UA Choice [Vision](#) Plan | Vendor: VSP

- [One vision plan offered](#)

Additional Programs offered with vision plan

- [LightCare](#)

Health Care Accounts

- [Flexible Spending Accounts](#) | Vendor: [ASIFlex](#)
 - Flexible Spending Account - Medical
 - Flexible Spending Account - Dependent Care
 - Flexible Spending Account - Limited Purpose



- [Health Savings Account](#) | Vendor: [Bank of America](#)
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Wellness Plan

- [UA Wellness Program](#) | Vendor: Personify Health
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Price Transparency and Advocacy

- [Healthcare Concierge](#) | Vendor: TouchCare
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Supplemental Insurances

- [Voluntary Benefits](#) | Vendor: [Corestream](#)
 - [Accident Insurance](#)
 - [Critical Illness Coverage](#)
 - [Hospital Indemnity](#)
 - [Identity Theft Protection](#)
 - [Legal Services](#)
 - [Pet Insurance](#)
 - [Benefit Perks](#) *(available to all UA employees)*
- [Life Insurance](#)
 - [Basic Life Insurance](#) *(\$100,000, UA Paid)*
 - [Supplemental Life Insurance](#)
 - Self



- Spouse
 - Child(ren)
 - [Accidental Death and Dismemberment](#)
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Employee Assistance Programs

- [Employee Assistance Program](#) | Vendor: ComPsych [Login](#)
 - Confidential Emotional Support (includes 8 sessions of short-term counseling)
 - Work/Life Solutions (includes child/elder care finder)
 - Legal Assistance
 - Financial Education
 - Online Support, Wellness Coaching, and Interactive Digital Tools
 - [Lifeworks](#) | Vendor: Securian (*legal assistance, financial counseling, grief counseling*)
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Discount Services

- [UA Perks](#) (*special deals and discounts for all UA employees from Corestream*)
 - [Blue365](#) (*special deals and discounts from Premera*)
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Retirement

- [Retirement Benefits](#)
 - State of Alaska Teachers' Retirement System ([TRS](#))



- State of Alaska Public Employees' Retirement System ([PERS](#))
 - University of Alaska Optional Retirement Plan ([ORP](#))
 - [University of Alaska Pension Plan](#)
 - [Voluntary 403\(b\)](#)
 - Tax-deferred Annuity
 - Roth
 - [Voluntary 457\(b\)](#) (executives only)
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Educational Support

- [Tuition Waiver](#)
 - [529 Plan](#)
 - [LinkedIn Learning](#)
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Faculty Leaves

- [Faculty Time Off](#)
- [Sick Leave](#)
- [Paid Holidays](#)
- [Faculty Sabbatical](#)
- [Parental Leave](#)
- [Short-term Disability](#)
- [Long-term Disability](#)
- [Leave Share](#)
- [Jury Duty Leave](#)



- [Military Leave](#)
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Staff Leaves

- [Annual Leave](#)
- [Sick Leave](#)
- [Paid Holidays](#)
- [Parental Leave](#)
- [Short-term Disability](#)
- [Long-term Disability](#)
- [Leave Share](#)
- [Jury Duty Leave](#)
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