University of Alaska Benefits Quick Access Links

Medical and Pharmacy Benefits

- **UA Choice Health Plans** - PREMERA Blue Cross Blue Shield (Premium, Basic, HDHP)
  - Including the following additional programs:
    - **Telehealth**
    - Virtual Care:
      - Doctor on Demand
      - 24-hr Nurse Line
      - myCare Alaska
      - Local Telehealth
      - Premera Mobile App (Apple / Google)
    - Virtual Physical Therapy
      - Omada
    - **Mental/Behavioral Health:**
      - TalkSpace
      - Brightline
    - **Substance Use Disorder Care:**
      - Bouldercare
    - **Livongo**
      - Diabetes Care
      - Pre-Diabetes Support
      - Hypertension Care
      - Weight Management
    - **Pregnancy and Childbirth:**
      - BestBeginnings - Mobile App (Apple / Google)
      - Prenatal Care

Dental Benefits

- **UA Choice Dental Plans** - PREMERA Blue Cross Blue Shield (Premium, Basic)
Vision Benefits

- UA Choice Vision Plan - VSP Vision Care

Health Care Accounts

- Flexible Spending Accounts - ASIFlex
  - Flexible Spending Account - Medical
  - Flexible Spending Account - Dependent Care
- Health Savings Account - Bank of America

Wellness Plan

- UA Wellness Program

Price Transparency and Advocacy

- Healthcare Concierge (Support of Patient Advocacy and Price Transparency)

Supplemental Insurances

- Voluntary Benefits - Corestream
  - Accident Insurance
  - Critical Illness Coverage
  - Hospital Indemnity
  - Identity Theft Protection
  - Legal Services
  - Pet Insurance
- Life Insurance
  - Basic Coverage ($100,000, UA Paid)
  - Supplemental Life Insurance
    - Self
    - Spouse
    - Child(ren)
  - Lifeworks (legal assistance, financial counseling, grief counseling)
- Accidental Death and Dismemberment

Updated 2/6/2024
Employee Assistance Program

- Employee Assistance Program (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
    - Mobile App (Apple / Google)

Discount Services

- UA Perks (Special deals and discounts for all UA employees from Corestream)

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)

Educational Support

- Tuition Waiver
- 529 Plan
- LinkedIn Learning
Faculty Leaves

- **Faculty Time Off**
- **Sick Leave**
- **Holidays**
  - 12 Systemwide Holidays
  - Personal Holiday (one per fiscal year)
- **Faculty Sabbatical**
- **Parental Leave**
- **Short-term Disability**
- **Long-term Disability**
- **Leave Share**
- **Jury Duty Leave**
- **Military Leave**

Staff Leaves

- **Annual Leave**
- **Sick Leave**
- **Holidays**
  - 12 Systemwide Holidays
  - Personal Holiday (one per fiscal year)
- **Parental Leave**
- **Short-term Disability**
- **Long-term Disability**
- **Leave Share**
- **Jury Duty Leave**
- **Military Leave**

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