

2027 Benefits

Investing In You



Total
Rewards



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Scan this QR code for quick access to
TotalRewards.ECUHealth.org.

Investing In You

At ECU Health, investing in our valued residents is central to achieving our mission — today and into the future. Through our benefits plans, compensation and development opportunities, **ECU Health invests over \$1.5 billion annually in our Total Rewards offering.**

This guide gives you an overview of your choices for benefits.* Our benefits provide the flexibility you need to personalize your coverage. Take time to read this guide so you can choose the plans that best fit your needs.

You can find much more information on TotalRewards.ECUHealth.org. This site provides on-demand access to Total Rewards resources, including compensation and career development information.

* Plan details are in official plan documents and insurance contracts. This benefits guide doesn't replace Summary Plan Descriptions (SPDs), official plan documents or other policies. You can find SPDs on the ECU Health Service Center Portal.



Find support



Can't find what you're looking for?
TotalRewards.ECUHealth.org has more details.

If you want to talk about your options, call the ECU Health Service Center at **252-816-7446**.

New to ECU Health benefits?

New hires have 30 days to enroll. Newly benefits-eligible residents have 30 days from their benefits eligibility date to enroll.

You cannot change your choices until the next Annual Enrollment period, unless you have a Qualified Life Event (QLE).



See more on the **[New Hire Checklist](#)** page on **TotalRewards.ECUHealth.org**.



Enrollment and Eligibility

Enrollment is just a click away

After you have reviewed your choices, it's time to enroll. Visit myhr.ECUHealth.org and follow these steps:

- Enter your user ID (**provider ID number**) and **password**
- Click on the Benefits Enrollment tile (with the bswift logo)
- Enter your **ECU Health email address** and **Employee Self Service password**
- Select "View the Enrollment Center," then choose your benefits or waive coverage
- Double-check your benefits selections
- Click the "Complete Enrollment" button to submit your selections

Important enrollment reminders

- If you don't enroll, your 2026 benefits choices will roll over into 2027, **except** your Health Savings Account (HSA) and Flexible Spending Account (FSA) elections
- If you don't want benefits, you still need to visit myhr.ECUHealth.org to decline coverage and name your beneficiary for company-paid benefits
- Remember to name (or update) your beneficiaries

When you can enroll

- As a new hire or when you are newly benefits-eligible
- After a Qualified Life Event
- During Annual Enrollment

Qualified Life Events (QLEs)

You have 30 days to make changes to your benefits **after** you have a major life change like marriage, divorce or having a baby. If you miss the window, you must wait until the next Annual Enrollment to make your changes.



See the [Qualified Life Events](#) page on TotalRewards.ECUHealth.org for more information.

Who can enroll

Enroll in benefits if you are actively employed and have a payroll classification of 0.5 FTE or higher.

Who you can cover

- Your spouse
- Your domestic partner
- Your children under the age of 26
- Your unmarried, disabled children

Confirm dependent eligibility

If you enroll dependents, the Dependent and Life Event Verification team will ask you to confirm their eligibility. Acceptable documents include:

- Marriage license
- Domestic partner attestation
- Birth certificate
- First page of your most recent tax return



For more information about eligibility, check out the [Eligibility](#) page on TotalRewards.ECUHealth.org.



Personalize your coverage

ECU Health benefits give you flexibility and choice so you can personalize your coverage. When considering your options, aside from premiums, you should also think about the coverage and out-of-pocket costs you are likely to pay.

You pay premiums that are deducted from your paycheck in 24 biweekly increments. The amount you pay is based on the plans you choose and the dependents you cover.

Investing In You

At ECU Health, we believe supporting our residents means investing in their benefits. That's why ECU Health shares in the cost — paying an average of 82.5% of your medical plan coverage — to help keep coverage affordable.

Even if you opt out of benefits, you still have company-paid coverage and plans:



Life Insurance — Basic and AD&D



**Short-term Disability
(full-time residents)**



Employee Assistance Program (EAP)



Adoption Assistance



Tuition Reimbursement



Beneplace



Circles Concierge

Working spouse/domestic partner additional premium

If you cover your spouse/domestic partner under the medical plan when they are eligible for medical coverage through their employer, you will pay **an additional \$55 premium per pay period**. The extra cost doesn't apply when:

- You and your spouse/domestic partner are both employed at ECU Health
- Your spouse/domestic partner has no group medical coverage available
- Your spouse/domestic partner is enrolled in Medicare or TRICARE coverage

Health and Well-being

Medical

We offer two medical options that support different lifestyles, budgets and levels of care so you can choose the coverage that fits your needs best.

Both plans offer you the same network of providers, cover the same services, give you in-network preventive care at 100% and provide free access to ECU HealthNow virtual care. **The main differences** are how much you pay through your paycheck and how much you pay when you need care.

Your options include:

- Medical Savings Plan
- Resident Medical Plan

Provider tiers

- The ECU Health medical plans offer two in-network tiers of providers
- You will get the best value by using the Tier 1 ECU Health Alliance Network

Medical plans support

Plan administrator: Allegiance, a Cigna company

Website: askallegiance.com/ECUHealth

Phone number: **800-258-5794**

Group number: 2005028

Need help?

Visit the **ECU Health Service Center Portal** or reach us at **252-816-7446**.

Learn more



Visit the **Medical and Pharmacy** page on TotalRewards.ECUHealth.org for more details.

\$

Tier 1: ECU Health Alliance Network

- ECU Health providers, facilities and other select providers
- Your cost is considerably less

\$\$

Tier 2: Allegiance Network, a Cigna Open Access Plus (OAP) network

- Providers and facilities within the Cigna OAP network
- You will pay more than with Tier 1, but much less than with Tier 3

\$\$\$

Tier 3: Out-of-network

- Providers and facilities that do not offer discounted rates
- You'll pay much more than with Tier 1 or Tier 2

Save more by choosing Tier 1 providers and facilities

Tier 1 providers include ECU Health physicians, clinics and facilities, offering high-quality care at the lowest cost to you and the health plan. Choosing Tier 1 providers whenever possible can help reduce out-of-pocket expenses and manage overall plan costs. Visit the **Find a Provider** page of askallegiance.com/ECUHealth to access in-network provider directories.

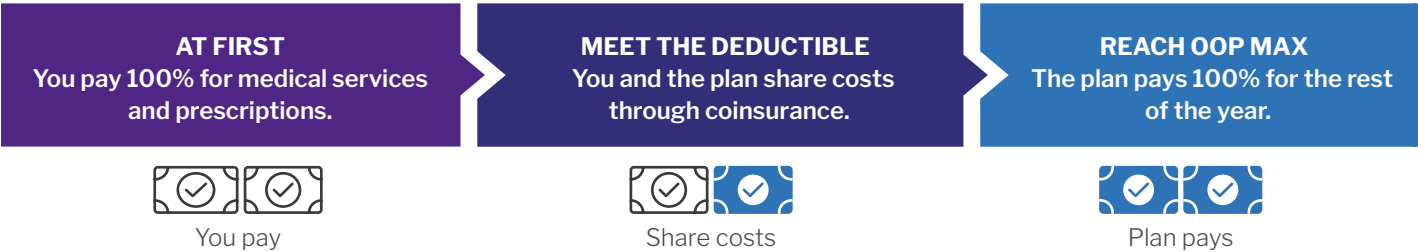
How the plans work

Medical Savings Plan

- This plan is a High-Deductible Health Plan (HDHP).
- It has a higher deductible but lower premiums. Review the plan comparison and rates on [pages 8 and 9](#) for more details.
- You pay the full cost of care and prescriptions until you meet your deductible.
 - After that, you and the plan share costs through coinsurance until you reach the out-of-pocket maximum (OOP max).
 - Once you hit the OOP max, the plan pays 100% of covered care for the rest of the year.
- This plan is paired with a Health Savings Account (HSA), which lets you save, spend and invest pre-tax dollars for eligible health care expenses. ECU Health also matches your HSA contribution. Learn more about HSAs on [page 23](#).

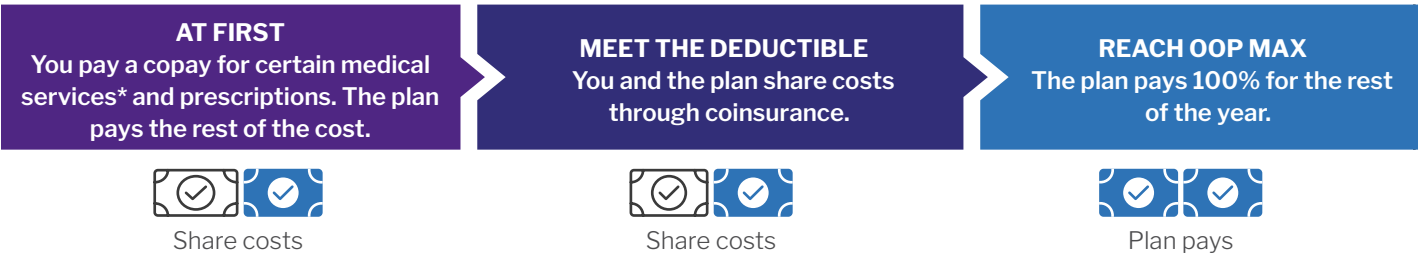
About your out-of-pocket maximum

Once a covered family member meets the individual OOP max, the plan will pay the full cost of covered charges for that family member for the rest of the plan year. Charges for all covered family members will continue to count toward the family OOP max.



Resident Medical Plan

- This plan is a PPO plan
- You pay copays for some services, like office visits and prescriptions
- For other care, you pay the full cost until you meet your deductible, then share expenses with the plan through coinsurance
- When you meet the OOP max, the plan pays 100% for the rest of the year



* You pay the full cost of certain services until you meet the deductible.

Medical Savings Plan

	Tier 1 ECU Health Alliance/In-network	Tier 2 Allegiance/In-network	Tier 3 Out-of-network
Preventive care	Covered at 100%	Covered at 100%	Ded., then 50% coins.
ECU HealthNow	Covered at 100%	Covered at 100%	Covered at 100%
Plan coinsurance	Ded., Plan pays 85%, you pay 15%	Ded., Plan pays 75%, you pay 25%	Plan pays 50%, you pay 50%
Med deductible (Single/Family)	\$2,000/\$4,000	\$2,500/\$5,000	\$6,000/\$12,000
Med max out-of-pocket (OOP) (Single/Family)	\$6,000/\$12,000	\$6,750/\$13,500	\$12,500/\$25,000
Prescription max OOP (Single/Family)	Included in OOP max	Included in OOP max	Included in OOP max
Combined OOP max (Med + Rx)	\$6,000/\$12,000	\$6,750/\$13,500	\$12,500/\$25,000
Primary care provider (PCP) visit	Ded., then 5% coins.	Ded., then 5% coins.	Ded., then 50% coins.
Specialist visit	Ded., then 10% coins.	Ded., then 25% coins.	Ded., then 50% coins.
Behavioral Health office visit	Ded., then 5% coins.	Ded., then 5% coins.	Ded., then 50% coins.
Emergency room	Ded., then 15% coins.	Tier 1 ded., then 15% coins.*	Tier 1 ded., then 15% coins.*
Urgent care	Ded., then 15% coins.	Ded., then 25% coins.	Ded., then 50% coins.
Inpatient/Outpatient hospital	Ded., then 15% coins.	Ded., then 25% coins.	Ded., then 50% coins.

* For these services, you first pay the Tier 1 deductible, and then coinsurance.



Resident Medical Plan

	Tier 1 ECU Health Alliance/In-Network	Tier 2 Allegiance/In-Network	Tier 3 Out-of-Network
Preventive care	Covered at 100%	Covered at 100%	Ded., then 50% coins.
ECU HealthNow	Covered at 100%	Covered at 100%	Covered at 100%
Plan coinsurance	Ded., then 10% coins.	Ded., then 30% coins.	Plan pays 50%, you pay 50%
Med deductible (Single/Family)	\$500/\$1,600	\$1,400/\$2,800	\$3,500/\$7,000
Med max out-of-pocket (OOP) (Single/Family)	\$2,000/\$6,600	\$9,000/\$18,000	\$10,600/\$21,200
Prescription max OOP (Single/Family)	\$2,500/\$5,000	\$2,500/\$5,000	\$2,500/\$5,000
Combined OOP max (Med + Rx)	\$4,500/\$11,600	\$11,500/\$23,000	\$13,100/\$26,200
PCP visit	\$10 copay	\$20 copay	Ded., then 50% coins.
Specialty visit	\$15 copay	\$60 copay	Ded., then 50% coins.
Behavioral Health office visit	\$10 copay	\$20 copay	Ded., then 50% coins.
Emergency room	\$200 copay	\$200 copay	\$200 copay
Urgent care	\$40 copay	\$50 copay	Ded., then 50% coins.
Inpatient/Outpatient hospital	Ded., then 10% coins.	Ded., then 30% coins.	Ded., then 50% coins.

In compliance with J1 visa requirements, J1 Visa residents should elect the Resident Medical Plan.

For more information, refer to the Summary Plan Descriptions on the [ECU Health Service Center Portal](#).

You can also visit the Summary of Benefits and coverage details on [TotalRewards.ECUHealth.org](#).

24 Biweekly deductions

Coverage	Medical Savings Plan	Resident Medical Plan
Full-time members		
Single	\$41.83	\$0.00
+ Children*	\$155.37	\$147.01
+ Spouse*	\$243.81	\$255.76
+ Family*	\$267.72	\$285.64

* Includes domestic partner/domestic partner's children. Family must include you, your spouse/domestic partner and at least one child.

ECU Health Care Options

ECU HealthNow

When you're not feeling well and it isn't an emergency, the last thing you want to do is wait in a doctor's office, express clinic or urgent care center.

ECU HealthNow is a convenient, confidential choice, bringing you free, flexible, 24/7/365 service when you are enrolled in an ECU Health medical plan.

Their providers can diagnose your symptoms, prescribe medications and send prescriptions to your pharmacy.

They provide head-to-toe, non-emergency care for many symptoms and conditions, such as:

- Cold, flu and infections
- Depression, anxiety, stress, grief and loss
- Eczema, acne, psoriasis and rashes
- Upset stomach, constipation and diarrhea

Our providers can also give you a referral to in-person specialists or a recommendation to visit urgent care if necessary.

Plan ahead, be prepared

Be a step ahead when you need care. Set up your account now so you can connect to care right away when you're sick.

1. You must use this specific link to sign up:
app.mdlive.com/landing/ecuhealth.
2. Call **888-894-0199**.

Get free virtual care with ECU HealthNow

From minor illnesses to routine care needs, **ECU HealthNow is free** for those covered by an ECU Health medical plan.



Set up your account when you click the **ECU HealthNow** link or scan the QR code.

ECU Health Employee Clinic

The ECU Health Employee Clinic serves ECU Health residents (regardless of medical insurance) and family members covered under an ECU Health medical plan.

Our providers tailor your care to your lifestyle, medical history and health concerns. We are here to coordinate your care, answer your questions and address your concerns.

Same- and next-day appointments are available.

Get started now



Visit the **Employee Clinic** page on TotalRewards.ECUHealth.org for more details. Schedule your appointment through **MyChart**.





Prescription Drugs

Your ECU Health medical plan includes prescription drug coverage. **Get exclusive savings by using the ECU Health Employee Pharmacy.** You may also use the network of retail pharmacies to fill prescriptions.

Save with the ECU Health Employee Pharmacy

The ECU Health Employee Pharmacy in Greenville provides convenient, confidential and quality pharmacy services for all ECU Health residents and dependents covered by an ECU Health medical plan. The Employee Pharmacy offers exclusive savings on prescription medications, over-the-counter medications and personal care products.

If you work outside of Greenville, you can still use the Employee Pharmacy. Their courier service can deliver your medication to the nearest hospital. Some medications may even qualify for mail delivery to your home!

Judi Rx is ready to help

Judi Rx (formerly known as Capital Rx) is our pharmacy administrator. If you need prescription support, their customer care experts are available 24/7 when you call **833-554-4733** or visit the **Judi Rx** website. You can also download their helpful mobile app from the **Judi Rx mobile app** website. It features a personal prescription advisor and lets you manage your prescriptions when and where it's convenient for you.

Employee Pharmacy support

Call: 252-847-4311

Fax: 252-847-4350

Address:

2000 Venture Tower Drive
Greenville, NC 27834

Hours:

Monday – Friday: 6:30 a.m. – 6:30 p.m.

Saturday: 8 a.m. – noon

Closed on Sundays, limited hours on holidays

Learn more



Visit the **Employee Pharmacy** page on **TotalRewards.ECUHealth.org** for more details.

Prescription Coverage

Medical Savings Plan			Basic and Choice	
	ECU Health Pharmacy	Retail Pharmacy	ECU Health Pharmacy	Retail Pharmacy
Rx deductible	Included w/medical	Included w/medical	None	None
Rx max out-of-pocket (OOP) (Single/Family)	Included w/medical	Included w/medical	\$2,500/\$5,000	\$2,500/\$5,000
30-Day fill				
Generic	Ded. then 10% coins.	Ded. then 20% coins.	\$10 copay	\$25 copay
Preferred brand	Ded. then 20% coins.	Ded. then 30% coins.	\$25 copay	\$50 copay
Non-preferred brand	Ded. then 30% coins.	Ded. then 40% coins.	\$50 copay	\$100 copay
90-Day fill				
Generic	Ded. then 10% coins.	Ded. then 20% coins.	\$25 copay	\$75 copay
Preferred brand	Ded. then 20% coins.	Ded. then 30% coins.	\$62.50 copay	\$150 copay
Non-preferred brand	Ded. then 30% coins.	Ded. then 40% coins.	\$125 copay	\$300 copay
Specialty				
Preferred brand*	Ded. then 20% coins.	No coverage	\$100 copay	No coverage
Non-preferred brand*	Ded. then 30% coins.	No coverage	\$300 copay	No coverage
All medications and fills				
If cost exceeds \$300	N/A	N/A	15% coins.	25% coins.

Once a covered family member meets the individual out-of-pocket maximum (OOP max), the plan will pay the full cost of covered charges for that family member. Charges for all covered family members will continue to count toward the family OOP max. The annual OOP max includes amounts paid toward your deductible.

* Certain specialty medications must be filled at the ECU Health Specialty Pharmacy.



Dental Plans

Our dental plans make dental care more affordable so you can keep your oral health a priority. You have two plan choices for your dental coverage.

Delta Dental has two networks — PPO and Premier. Both plans offer flexibility to choose any licensed dentist, but you receive better benefits when you stick to the Delta Dental PPO or Premier networks.

The main difference between the two networks is the discount. You may save more when you visit a PPO network dentist.

Investing In You

ECU Health's dental plans make preventive care easy and give you flexibility.

Dental support

Administrator: Delta Dental

Phone number: **800-662-8856**

Website: deltadentalinc.com

App: [Apple App Store](#) or [Google Play](#)

Group number: 10575

	Basic		Choice	
	PPO/Premier Networks	Out-of-network	PPO/Premier Networks	Out-of-network
Annual deductible	\$50/\$100	\$75/\$150	\$50/\$100	\$75/\$150
Annual maximum	\$1,000 per member	\$750 per member	\$2,000 per member	\$1,500 per member
Preventive cleanings	Covered at 100% (ded. waived)	Covered at 100% (ded. waived)	Covered at 100% (ded. waived)	Covered at 100% (ded. waived)
Other diagnostic/preventive services	20% coins. (ded. waived)	20% coins. (ded. waived)	Covered at 100% (ded. waived)	Covered at 100% (ded. waived)
Basic services	40% after ded.	50% after ded.	20% after ded.	30% after ded.
Major services	40% after ded.	50% after ded.	40% after ded.	50% after ded.
Orthodontia (under age 19)	No coverage		40% coins. (ded. waived)	50% coins. (ded. waived)
Orthodontia lifetime maximum	No coverage		\$1,000 per person	

If you, or any member of your family, are covered by a dental plan in addition to the ECU Health Dental Plan, advise your dental office so benefits can be coordinated.

24 biweekly deductions

Coverage	Basic Dental	Choice Dental
Single	\$10.55	\$20.52
+ Children*	\$19.34	\$35.75
+ Spouse*	\$22.27	\$41.61
+ Family*	\$31.65	\$59.20

* Includes domestic partner/domestic partner's children. Family must include you, your spouse/domestic partner and at least one child.

Learn more



Visit the **Dental Plans** page on TotalRewards.ECUHealth.org for more details. Download or request a copy of your ID card by visiting deltadentalinc.com.

Vision Plan

Your eyes can tell providers a lot about your overall health. With ECU Health's vision plan, your vision health is our focus. With the Vision Plan, you and your family have access to annual eye exams, imaging, contacts and frames at discounted rates.

You can visit any licensed provider, but you will pay less at an in-network provider.

Vision plan support

Administrator: EyeMed

Phone number: **844-409-3401**

Website: eyemed.com

EyeMed benefit coverage	In-network	Out-of-network
Well vision exam - Focuses on your eyes - Every calendar year	\$20 copay	Covered up to \$44
Frames Every calendar year	Included in prescription glasses \$200 allowance; 20% off amount over your allowance	Covered up to \$77 retail
Lenses - Single vision, lined bifocal and lined trifocal lenses - Every calendar year	\$20 copay	Covered up to \$64 retail*
Lens options	- Scratch coat: \$13 copay Ultraviolet coat: \$15 copay - Tints, solid or gradients: \$15 copay Anti-reflective coat: \$45 copay - Polycarbonate: \$40 copay High index 1.6: \$55 copay - Photochromic: \$75 copay	
Contacts (instead of lenses) - Contact lens exam (fitting and evaluation) - Every calendar year	Fit and Follow Up \$25 copay (Standard) \$25 copay; 10% off retail price, then apply \$40 allowance (Premium) Contact Lenses - Conventional — 15% off balance over \$150 allowance - Disposable — \$150 allowance	Fit and Follow Up - Up to \$40 reimbursement Contact Lenses - Up to \$100 reimbursement
Extra savings and discounts	40% off additional pairs of glasses once funded benefit is used 20% off any item not covered, including non-prescription sunglasses 15% discount on conventional lenses once funded benefit is used 15% off retail price or 5% off promotional price for LASIK or PRK through US Laser Network	
		Discounts may not be available for out-of-network providers

* Single lens covered up to \$34 retail; bifocal covered up to \$48 retail; trifocal covered up to \$84 retail.

24 biweekly deductions

Coverage	Vision
Single	\$4.11
+ Children*	\$6.77
+ Spouse*	\$6.18
+ Family*	\$10.32

* Includes domestic partner/domestic partner's children. Family must include you, your spouse/domestic partner and at least one child.

Learn more



Visit the **Vision Plan** page on TotalRewards.ECUHealth.org for more details. Download or request a copy of your ID card by visiting eyemed.com.

Life and AD&D Insurance

Sometimes life brings the unexpected. Life and Accidental Death and Dismemberment (AD&D) coverage can help you be prepared. Life benefits provide income for those you love if the unexpected happens. AD&D coverage pays benefits to you if you have a loss of limb, sight, speech or hearing.

Basic Life and AD&D Insurance

- ECU Health provides this coverage at no cost
- Full-time residents' coverage equals one times their annual compensation rounded to the next higher \$1,000 (maximum \$1 million)
- Part-time residents' coverage equals \$10,000

Resident Optional Life and AD&D

- You can buy coverage in increments of your compensation
- The maximum coverage is up to four times your compensation (maximum \$500,000)
- If you do not make an election when you are first eligible, you must complete a health questionnaire (Evidence of Insurability) and be approved by Reliance Matrix before your coverage becomes effective
- Your optional AD&D coverage election matches your optional life benefit election

Spousal Life and AD&D

- You can buy \$50,000 in coverage for your spouse/domestic partner
- If you and your spouse/domestic partner are ECU Health team members, you cannot cover your spouse/domestic partner
- If you do not make an election when you are first eligible, your spouse/domestic partner must complete a health questionnaire (Evidence of Insurability) and be approved by Reliance Matrix before your coverage becomes effective

Is optional coverage a good fit?

The ECU Health Basic Life and AD&D coverage may not be enough to provide for your family's lifestyle should you die or lose your income because you become permanently disabled.

Investing In You

ECU Health provides Basic Life and AD&D coverage to ensure your loved ones are covered if the unexpected happens.

Life and AD&D support

Administrator: Reliance Matrix

Phone: **800-351-7500**

Website: reliancematrix.com



Child Life and AD&D

- You can buy \$15,000 of coverage per child
- Children can only be covered by one parent if both you and your spouse/domestic partner work at ECU Health
- If your child also works at ECU Health, they are not eligible to be covered under this plan

Note: Optional, Spouse and Child Life and AD&D are term life insurance policies. There are reductions to your life insurance amount after age 70. The amount you pay for optional insurance depends on how much coverage you choose and your age. You will see your prices when you enter the enrollment system.

Whole Life

- This plan provides you with a fixed death benefit
- Your premium locks in at the age you buy coverage
- You can add long-term care coverage to this plan
- You enroll for this coverage directly with Unum
- Read this [flyer](#) to learn more about whole life coverage

Learn more



Visit the [Life and AD&D Insurance](#) page on [TotalRewards.ECUHealth.org](#) for more about life coverage.

Whole Life support

Administrator: Unum

Phone: **888-778-6817**

Website: [ECUHealthBenefits.com](#)

Who gets your benefits?

Make sure you designate and regularly review your beneficiary information to make sure your benefits go to the right person. If you don't name a beneficiary, your benefits will be paid out in a specific order according to the carrier's policy. You are automatically the beneficiary for any spouse or child coverage.



Disability Coverage

Think of Short- and Long-term Disability benefits as insurance for your paycheck. These plans pay a portion of your earnings if you can't work because you are sick or get hurt while away from work.

Short-term Disability

- Basic coverage is paid for by ECU Health at no cost to you
- Full-time residents are eligible for Short-term Disability
- Replaces 60% of your pre-disability pay (lasts up to 13 weeks and has a maximum weekly benefit of \$3,500)
- This plan begins to pay you after a seven-day waiting period
- **Option to purchase additional coverage:** Residents can buy supplemental coverage to increase their benefit up to 80%; this buy-up plan has a \$4,000 maximum weekly benefit
- Short-term Disability payments will stop upon separation from employment, regardless of benefit payment approval status

Long-term Disability

- Full- and part-time residents are eligible for Long-term Disability
- This plan starts after a 90-day elimination period
- Pre-existing conditions apply
- Residents can buy this supplemental coverage at discounted group rates

Investing In You

To protect your income, ECU Health provides Short-term and Long-term Disability options at discounted group rates.

Need to use your disability benefits?

Contact Reliance Matrix at
877-202-0055.

Looking for the details?



Visit the **Disability Coverage** page on
TotalRewards.ECUHealth.org.



Voluntary Benefits

Voluntary benefits provide an additional layer of financial protection. These plans pay a lump sum directly to you if you experience a covered accident, illness or hospital stay. And you get to use the benefit however you choose, including medical expenses, child care costs, groceries and bills.

You have the option to cover yourself, your spouse and dependent children under these plans.

Accident Insurance

Accidents are unpredictable, but you can be prepared. Accident Insurance pays you based on the type of injury and its treatment, such as:

- Fractures
- Dislocations
- Concussion
- Emergency room treatment
- Hospitalization
- Accidental death

Enroll yourself, your spouse or your children without health questions or physical exams.

Even more with an ECU Health facility!

Receive a **25% larger payout** for Accident Insurance claims when you use an ECU Health facility. There's a \$1,000 maximum per covered accident.

24 biweekly deductions

Coverage	Accident Insurance plan
Single	\$3.73
+ Children*	\$6.50
+ Spouse*	\$7.72
+ Family*	\$10.49

* Includes domestic partner/domestic partner's children. Family must include you, your spouse/domestic partner and at least one child.

Ready to learn more?



Find details on the **Voluntary Benefits** page on TotalRewards.ECUHealth.org.

Find support

Reach out to the plan administrator, VOYA, at **877-236-7564** or go to voya.com.

Critical Illness Insurance

This plan pays you if you are diagnosed with a critical illness like stroke, cancer or heart attack.

- You choose the coverage amount, up to \$30,000
- Your spouse and children automatically receive 50% of your coverage at no additional cost. You must select coverage for yourself first
- There are pre-existing condition limits. The plan covers conditions diagnosed on or after your coverage effective date

Rates are dependent on your age and amount of coverage selected. Refer to the **Overview of Premiums** page on TotalRewards.ECUHealth.org for more details.

* Includes domestic partner/domestic partner's children. Family must include you, your spouse/domestic partner and at least one child.

The Wellness Benefit pays you!

You and your insured spouse/domestic partner and children can **earn a \$75 wellness benefit** from each of the voluntary benefit plans each year by completing a routine wellness screening.

You must be covered under a plan to receive this benefit.

Hospital Indemnity Insurance

Hospital stays can lead to unexpected costs, including medical bills, time away from work and extra child care costs. Hospital Indemnity Insurance pays you directly if you or a covered family member experiences a covered hospital stay. If you are planning any procedures with a hospital stay (including labor and delivery), it's a good idea to choose this plan.

Receive a bigger benefit!

Receive a **50% bigger benefit** for hospital indemnity claims with no maximum when you use an ECU Health facility.

24 biweekly deductions

Coverage	Hospital Insurance plan
Single	\$12.33
+ Children*	\$21.29
+ Spouse*	\$20.92
+ Family*	\$29.88

* Includes domestic partner/domestic partner's children. Family must include you, your spouse/domestic partner and at least one child.



Well-being Benefits

At ECU Health, we provide programs to support and encourage you to get and stay well. Many of these services are free or discounted.

The first step is to connect with your Well-being Navigator, who will guide you on your personalized path to better well-being.

Your next steps may include completing your annual Health Risk Assessment and/or scheduling a Well-being Consultation to connect to the resources that best support your unique needs.

Investing In You

You help provide exceptional care to our patients, and we want to provide you the resources to care for yourself too.



Healthy eating

- Nutrition counseling
- Weight loss support
- Culinary medicine and cooking classes



Physical activity

- Discounted memberships at ECU Health Wellness Centers and other fitness centers
- Exercise is Medicine



Risky substances and restorative sleep

- Help with quitting tobacco
- Health coaching



Stress management and healthy relationships

- Employee Assistance Program (EAP)
- Health coaching



Chronic care management

- Weight management program
- Diabetes program and supplies
- Muscle and joint (musculoskeletal) exercise program
- Cancer support programs



Additional well-being services

- Work-life balance support/self-care and emotional support
- Employee clinic and pharmacy
- Legal and financial planning
- Advance care planning

Let us support you



Call a Well-being Navigator at **252-847-5590** or learn more on the **Well-being** page on **TotalRewards.ECUHealth.org**.

Financial Support

Retirement and Savings

ECU Health helps you prepare for life after your career by offering a variety of resources to help you save money now and reap the rewards later.

401(k) Plan

The ECU Health Partnership Savings Plan gives you choice and flexibility when it comes to saving for retirement. You can contribute to a pre-tax 401(k) plan, an after-tax Roth 401(k) plan and/or an after-tax plan.

About the plan

- New and first-time eligible residents are automatically enrolled in the pre-tax 401(k) at 5% of your earnings after 30 days, or as soon as administratively practical
- Non-benefit eligible residents may have the opportunity to save to the plan, but do not receive the ECU Health matching contributions. Refer to this [Non-Benefit Eligible Team Member Enrollment Guide](#) to learn more
- To start saving sooner or to change or waive your automatic contribution, contact Fidelity at **800-343-0860** or netbenefits.com
- Benefits-eligible residents receive the employer match immediately after they enroll
- You are always fully vested in your contributions
- Those hired on or after Jan. 1, 2025, will be vested in the ECU Health contributions after three years. If you leave the organization before you reach three years of service, you will lose the employer-matching contributions

Investing In You

ECU Health is proud to provide programs to help you secure your financial future.

Get retirement plan support

Contact Fidelity at **800-343-0860** or online at netbenefits.com.

Speak with a Fidelity Retirement Planner

Contact Michael C. Kitto, CRPC
Dedicated Retirement Planner
Personal and Workplace Investing

Email: Michael.Kitto@FMR.com

Phone: **252-481-2003** | Fax: **859-392-6600**

To make an appointment, call **800-642-7131** or visit the [Fidelity Scheduler](#) website.



Employer-matching contributions

ECU Health will match up to 5% of your compensation that you contribute to the plan. Your match is based on your years of service.

Years of service	Matching %
Less than 5	50%
5 but less than 10	75%
10 or more	100%

Harness the power of compounding

When it comes to retirement, it's never too early or too late to start saving. You can see more return on your savings if you start saving early because of compounding interest.

Compounding interest works this way — interest is added to the amount you save, then you earn interest on that new balance. This interest on interest can lead to exponential growth over time.

Use the **Fidelity Contribution Calculator** to find out how this can work for you.

529 College Savings Plan

The NC 529 Plan gives you an easy way to save for college over time. It is a tax-advantaged plan that helps you save money for a child's, grandchild's or your own education.

Your savings grow on a tax-deferred basis and can be used tax-free when the money is spent on qualified higher education expenses. When you enroll, you will choose a per-paycheck amount that ECU Health will deduct from your paycheck and deposit into your NC 529 Plan account.

Learn more by contacting College Foundation of North Carolina at **866-866-2362** or cfnc.org.

Things to know

- **Vested:** The portion of your 401(k) that you own
- **Pre-tax contributions:** Come out of your paycheck before taxes are deducted. You pay taxes on these savings when you retire
- **After-tax Roth contributions:** Come out of your paycheck after taxes are deducted. You do not pay taxes on these savings when you retire
- **Catch-up contributions:** If you are 50 or older, you may be able to save more once you reach the IRS contribution limit through the plan's catch-up provisions. Under the SECURE Act, if your prior-year ECU Health FICA wages were more than \$150,000, catch-up contributions must be Roth after-tax contributions



Explore more on the **Retirement and Savings** page on TotalRewards.ECUHealth.org.



Health Savings Account (HSA)

If you choose the Medical Savings Plan, you can use an HSA to save pre-tax dollars for your eligible out-of-pocket medical, dental and vision care expenses.

How it works



Save at least \$25 through pre-tax payroll deduction



Invest and earn tax-free interest



Spend tax-free when paying for eligible expenses



You own the account — your balance carries over year to year and is yours if you leave the company or retire



Re-elect your HSA contribution each year during enrollment and adjust your contribution at any time



You can also use a Limited Purpose Flexible Spending Account (FSA) to pay for your eligible dental and vision costs

Investing In You

ECU Health annually matches up to \$600 for single coverage and up to \$1,200 for family coverage. To be eligible, you must be participating in the pay period in which quarterly contributions are made.

Save for today and the future

You can set aside how much you expect to spend on health care this year, or enough to cover your deductible or out-of-pocket maximum just in case.

Since your account grows over time, you can use it to save for the future, even into retirement. Think of it as a 401(k) for health care.

IRS limits

The IRS limits how much you can save in your HSA each year.

- Single: \$4,500
- Family: \$9,000
- Those ages 55 to 65 can save an additional \$1,000

HSA support

Administrator: WEX

Phone: **866-451-3399**

Website: wexinc.com



Learn more about **HSAs** on TotalRewards.ECUHealth.org.

Is it a good fit?

The HSA might be a good choice if:

- You are enrolled in the Medical Savings Plan
- You can afford to save at least \$25 each payday for your health care expenses
- You want to build a health care nest egg for the future
- You are under 65 years old

Flexible Spending Accounts (FSA)

FSAs help you save pre-tax money to pay for certain eligible expenses throughout the year. You can personalize your benefits with a Health Care, Dependent Care or Limited Purpose FSA.

How FSAs work

- The first step is to estimate your eligible expenses for the year. See the **WEX** website for a list of eligible expenses or visit [irs.gov/publications/p502](https://www.irs.gov/publications/p502)
- Make your annual FSA election during enrollment. Your election is divided between the number of pay periods in the year. That amount is deducted from your paycheck before taxes are withheld. It is deposited into your FSA each pay period
- You will receive a debit card to use when you need to pay for eligible expenses. Keep your receipts to prove that you spent your FSA dollars on eligible expenses
- Your FSA election does not carry over to the following year. You must elect your FSA amount each year during Annual Enrollment
- FSAs are subject to annual nondiscrimination testing. As a result of the testing outcomes, account balances may be adjusted to ensure compliance

FSA support

Administrator: WEX

Phone: **866-451-3399**

Website: [wexinc.com](https://www.wexinc.com)



Learn more about **FSAs** on
TotalRewards.ECUHealth.org.

Health Care FSA

- You can use the Health Care FSA if you are enrolled in the Resident Medical Plan or if you are enrolled in FSA-eligible medical coverage not provided by ECU Health
- Your account is pre-loaded, so you have access to your entire year's amount on day one
- You can save up to \$3,400 in 2026
- Eligible expenses* include, but are not limited to:
 - Copays, deductibles and coinsurance for your medical, dental and/or vision plan
 - Orthodontia
 - Vision care (contacts, glasses, LASIK surgery)
 - Certain over-the-counter medications
 - Menstrual products
- Expenses can be for you or anyone you claim as a dependent on your federal tax return**
- You have until Dec. 31 to spend your FSA dollars. The deadline to submit claims is April 30 of the following year
- You can carry over up to \$680 from calendar year 2026 to 2027

* Visit **WEX** for a complete list of eligible expenses.

** Visit [irs.gov](https://www.irs.gov) for the definition of an eligible dependent.

Is it a good fit?

- Personalize your benefits with a Health Care FSA if you have predictable eligible expenses and want to save on your taxes.



Limited Purpose FSA

- You can use this FSA if you are enrolled in the **Medical Savings Plan**
- It works the same way as the Health Care FSA, except you can **only use this FSA for eligible dental and vision expenses**
- Eligible expenses* include, but are not limited to:
 - Copays, deductibles and coinsurance for your dental and/or vision plan
 - Orthodontia
 - Vision care (contacts, glasses, LASIK surgery)

* Visit [WEX](#) for a complete list of eligible expenses.

Dependent Care FSA

- You can use the Dependent Care FSA **even if you don't have medical coverage through ECU Health**
- Your account builds over the year. You can only spend your Dependent Care FSA dollars after they have been deposited into your account
- You can save up to \$7,500 each year per household
- Dependents* include children under age 13 and other dependents who are physically or mentally unable to care for themselves
- You must spend your Dependent Care FSA dollars by March 15 of the following year. You have until April 30 of the following year to submit your expenses for reimbursement
- Dependent Care FSAs are subject to annual nondiscrimination testing. As a result of the testing outcomes, benefit balances may be adjusted to ensure compliance

* Visit [irs.gov](#) for the definition of an eligible dependent.

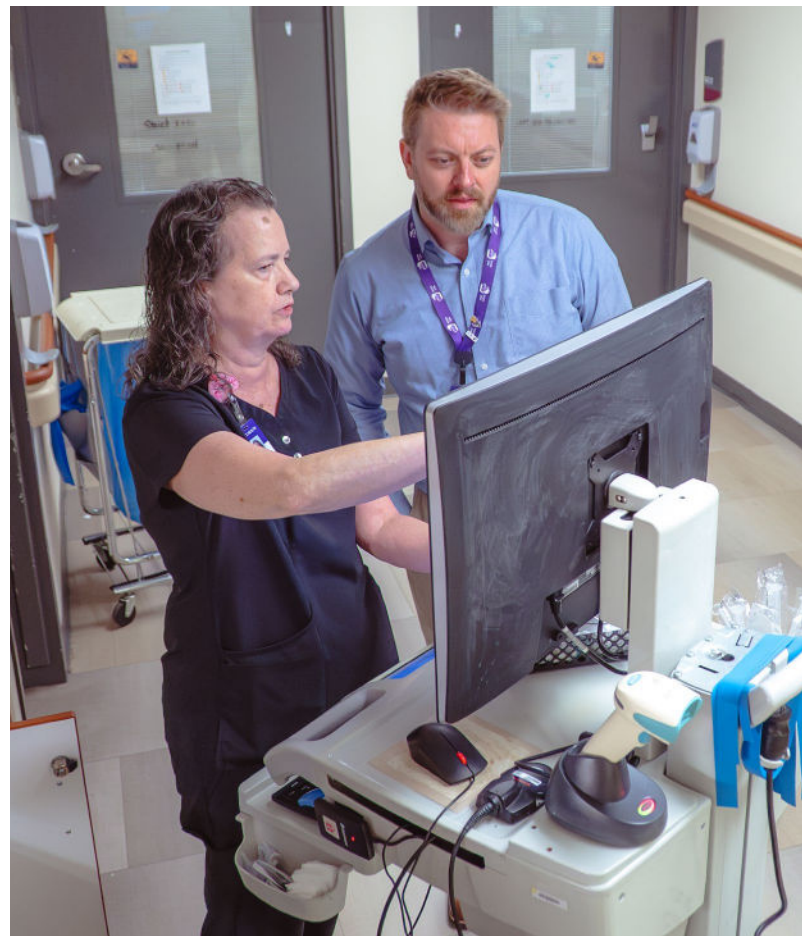
Is it a good fit?

Use the Limited Purpose FSA if you are planning an expensive dental or vision procedure within the year.

When you use this FSA, you won't have to use your HSA to pay for your dental and/or vision expenses with pre-tax dollars.

Is it a good fit?

Use the Dependent Care FSA if you need child, adult or eldercare so you and your spouse can work, look for work or go to school full time.





Special Assistance

Adoption Assistance

Growing your family through adoption? The Adoption Assistance program supports you by reimbursing you for your eligible adoption expenses up to \$2,500 per child (with a maximum of \$5,000 in a fiscal year). Eligible expenses include:

- Legal and court fees
- Temporary foster care charges
- Travel expenses associated with the adoption
- Counseling
- Placement and agency fees



Learn more about this program on TotalRewards.ECUHealth.org.

Investing In You

Through the Adoption Assistance program, ECU Health reimburses you up to \$2,500 per child (with a maximum of \$5,000 in a fiscal year).

Tuition reimbursement

When you’re ready to go back to school, ECU Health is here to help.

We provide tuition reimbursement to both full-time and part-time residents when they continue their education through voluntary, off-the-job instruction. To qualify for tuition reimbursement, you’ll need to have completed six months of continuous service before your classes start.

Tuition reimbursement per calendar year		
Degree	Full-time residents	Part-time residents
Associate’s	\$5,250	\$2,625
Bachelor’s	\$5,250	\$2,625
Graduate/professional	\$5,250	\$2,625

Degree and coursework

- Must be done at a two- or four-year educational institution that is recognized by one of the Regional Accrediting Organizations
- Should relate to a reimbursement-eligible position within the health system
- Should be advancing you toward an approved degree
- Must be completed with a grade of C or higher and cumulative GPA of 2.5 or higher



Learn more about this program on TotalRewards.ECUHealth.org.

Benefits Extras

Protect your identity

Get comprehensive identity theft and device security protection through LifeLock at ECU Health's discounted rates.



View more details on the **Identity Theft Insurance** page on TotalRewards.ECUHealth.org.

Access an attorney

Our Legal Insurance Plan can ease the stress of finding an attorney while saving you time and costly legal fees. Most importantly, it gives you confidence in dealing with serious financial and legal situations.



Learn more by visiting the **Legal Insurance** page on TotalRewards.ECUHealth.org.

Exclusive discounts

Stretch your budget with 30,000+ national and local discounts in over 20 different categories, such as:

- Electronics and home appliances
- Food and groceries
- Travel
- Entertainment

Visit the **Beneplace** website to shop and start saving.

Investing In You

ECU Health provides programs to provide extra support in your everyday life at exclusive discounted rates.

Circles Concierge

Your personal concierge can shop for gifts, organize group activities, plan personal travel, find trustworthy contractors and more. The service is available 24/7 at no cost to you. You only pay for the goods or services you request.



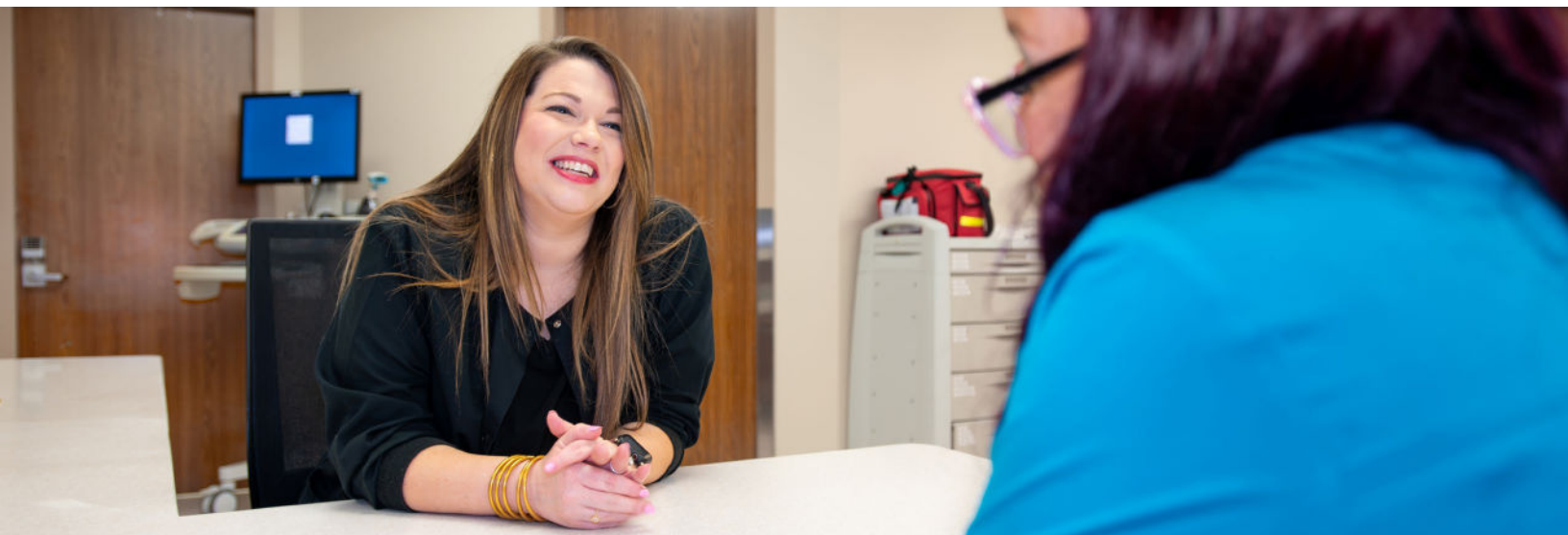
Explore more by visiting the **Additional Benefits and Perks** page on TotalRewards.ECUHealth.org.

Pet Insurance

Pet Insurance helps you manage the cost of caring for your furry and feathered friends. Reptiles are also included. Coverage includes up to 90% reimbursement after a \$250 deductible (up to an annual maximum of \$25,000) to visit any licensed vet.



Visit the **Additional Benefits and Perks** page on TotalRewards.ECUHealth.org to learn more.



Benefits Contacts

Need help? We have the answers and information you need.



TotalRewards.ECUHealth.org

- Details for benefits plans and programs
- Additional resources

ECU Health Service Center Portal 252-816-7446

- Talk to a representative
- Ask about plan details

Benefit	Provider	Phone #	Website
Health and Well-being			
Medical Plan	Allegiance, a Cigna Healthcare network	800-258-5794	askallegiance.com/ecuhealth Plan Group Number: 2005028
Virtual Care	ECU HealthNow	888-894-0199	app.mdlive.com/landing/ecuhealth
Prescription Drug Benefit	JudiRx	833-554-4733	judi.health/solutions/pharmacy-benefits-manager
ECU Health Employee Pharmacy	ECU Health	252-847-4311	myECUHealth.org/teamcentral/wellness/Pages/EmployeePharmacy.aspx
Dental Plans	Delta Dental	800-662-8856	DeltaDentalNC.com
Vision Plan	EyeMed	888-581-3648	eyemed.com
Life and AD&D Insurance	Reliance Matrix	800-351-7500	reliancematrix.com
Whole Life Insurance	UNUM	800-635-5597	unum.com/employees
Disability (Short- and Long-term)	Reliance Matrix	877-202-0055	matrixabsence.com
Critical Illness, Accident or Hospital Indemnity Insurance	VOYA	877-236-7564	voya.com/claims
Well-being Navigator	ECU Health	252-847-5590	wellness@ecuhealth.org
Employee Assistance Program (EAP)	ECU Health	877-843-7207 or 252-847-4357	ECUHealth.org/employee-assistance-program/contact-us/

Benefit	Provider	Phone #	Website
Financial Support			
401(k) Retirement Savings Plans	Fidelity Investments	800-343-0860	netbenefits.com
NC 529 College Savings Plan	CFNC	866-866-2362	cfnc.org
Health Savings Account (HSA)	WEX	866-451-3399	wexinc.com
Flexible Spending Accounts (FSAs)	WEX	866-451-3399	wexinc.com
Workers' Compensation	ECU Health	252-847-5509	myECUHealth.org
Benefits Extras			
ID Theft Protection	Norton LifeLock	800-607-9174 9 a.m. – 7 p.m. EST	gendigital.com/us/en/partner/employee-benefits/premier-plan
Legal Services	ARAG	800-247-4184 Monday – Friday 8 a.m. – 8 p.m. EST	ARAGlegal.com/myinfo Access Code: 18778ecu
Discounts	Beneplace	800-683-2886	auth.savings.beneplace.com/ecuhealth/sign-in
Pet Health Insurance	Pet Benefit Solutions (Wishbone)	800-891-2565	wishboneinsurance.com/ecuhealth

Annual Required Notices

We encourage you to read and review the annual required notices on the [Notices](#) page on TotalRewards.ECUHealth.org. They are accessible from any workstation, personal computer or smartphone. You may also request printed copies of annual required notices by contacting Human Resources. Providing these notices digitally helps ECU Health be a better steward of resources, such as time, people and paper.



This benefits guide is only intended to highlight some of the major benefit provisions of the company plan and should not be relied upon as a complete detailed representation of the plan. Please refer to the plan's summary plan descriptions for further detail. Should this guide differ from the summary plan descriptions, the summary plan descriptions prevail.