

HEALTH BENEFITS GUIDELINES/CHECKLIST

The Nassau University Medical Center provides health benefits to its residents. This packet will guide you through the necessary forms to activate your health benefits if you choose. If you are sufficiently covered for health benefits under an alternate coverage, you may elect to commence health insurance coverage after the first six months of residency on December 1, or apply for the Voluntary Health Benefit Buyback Program*. Please review all of the information before making your decision. Please fill out the Enrollment Forms on Echosigns.

Medical Health Benefits: Must Select ONE option only

- NYS Health Insurance Empire Plan Enrollment Form and Summary of Benefits
- HIP Prime HMO Enrollment and Summary of Benefits (Emblem Health)
- HIP Vytra Premium Network Enrollment Form and Summary of Benefits (Emblem Health)
- Health Benefit Buyback Program Application Form - *For Residents who decline health insurance and are sufficiently covered for health benefits under an alternate coverage.*

Dental Benefits: Healthplex Dental Summary of Benefits - Choice of Managed Care OR Reimbursement Plan

- Managed Care Enrollees** must select a provider from the Participating Providers Directory list
- Reimbursement Option Enrollees** do not need to choose a provider.

Vision Benefits:

Residents will be **automatically** enrolled under our Davis Vision Plan. See Vision Care Plan Benefit Description as well as the provider list.

Flexible Spending Account: (OPTIONAL BENEFIT) A flexible spending account (FSA) is a tax-advantaged account offered by an employer so that employees can set aside part of their earnings to pay for qualified expenses. Monies deducted from employee earnings into an FSA account are not subject to payroll taxes, which results in savings for the employee. The most common expenses in these are medical and dependent care expenses. Please go to Echosign to fill out the form.