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## NUFlex Annual Benefits Enrollment and Health Risk Assessment

The 2020 NUFlex Benefits Enrollment and Health Risk Assessment will begin on Monday, October 28 and will run through Friday, November 15, 2019. You will be able to update your coverage selections as many times as you like during the enrollment period.

### NUFlex Benefits Enrollment

With the impending Annual Benefits enrollment period, you are encouraged to begin thinking about the enrollment process.

- Firefly, the University's business portal, will be used to update all employees' benefits.
- To view your benefits for the current year within Firefly, click on the Employee Self Service (ESS) tab, then select Benefits Confirmation Statement.
- Employees will have the opportunity to enroll, update, or end participation in their benefit plans every year.
- Review plan information and future premium rates in the NUFlex Benefits newsletter. The 2020 information will be available the week prior to enrollment.
- If you contribute to the Health Care Flexible Spending Account and/or the Dependent Care Flexible Spending Account, you will need to enter amount(s) – even if those amounts are the same as last year.
- You will need to update your Tobacco/Nicotine Designation each year if you enroll in or increase your Voluntary Life Insurance.
- For information on Employee Plus One benefits, click [here](#).

OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	5					1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

### Health Risk Assessment (HRA)

The Health Risk Assessment (HRA) is an educational tool designed to help you learn important information about your current health status and how to improve it. Participation is voluntary; however, by completing this short survey (it will take 10 to 15 minutes to complete), you will receive a Personal Health Report that will help you assess and monitor your personal health status. You will also receive enhanced wellness benefits for completing the HRA. The HRA is available as part of NUFlex Enrollment and must be completed by Friday, November 15, 2019 in order to receive the enhanced wellness and preventive services benefit through the university's medical and prescription drug plan for the next calendar year.

Contact your [Campus Benefits Office](#) if you have any questions.