

NUFlex Benefits Enrollment

Frequently Asked Questions (FAQs)

Q. How long does it take to complete the Health Risk Assessment? Do I have to complete the assessment in one sitting or can I save/return at a later time?

A. The Health Risk Assessment (HRA) takes approximately 15 to 20 minutes and you can save and return later to complete the process. After completing all sections and clicking on submit, you will be able to print/save a PDF of your personal health profile. You will also receive a confirmation email to retain for your records. During the enrollment period, you can return to the HRA to view your profile or engage in the What-If Analysis.*



The HRA application will time out if left inactive for more than 30 minutes.

*Application allows you to alter your answers to see how it may change your health profile; however, this does **not** change your final/submitted report.

Q. I just started at the University and have already filled out a Health Risk Assessment (HRA) and a tobacco/nicotine status. Do I need to do another one?

A. If your benefits effective date was on or after October 1 of this calendar year, you do not need to fill out another assessment or status (as long as the initial designations were completed within 31 days of your hire date).

Q. Are any sections of NUFlex enrollment required each year?

A. Even if you **do not** wish to make any changes to your coverage, you will still need to do the following each year:

- If you plan to participate in either the Health Care Account or Dependent Care Account, you must enroll in the **Flexible Spending Account** each year, even if you want the same amount as the previous year.
 - **Unspent 2023 calendar year contributions for Health Care FSA (up to \$610) will carry over to the 2024 calendar year.** This action may not be permitted by the IRS for the following year, so please plan accordingly.
- Complete the **Health Risk Assessment**. You should do this every year to receive the enhanced wellness and preventative services benefit for you and your covered dependents who are enrolled in the University's medical and prescription drug plans.
- If you are enrolled in Voluntary Life Insurance, the **tobacco/nicotine status** needs to be designated every year.

Q. Am I required to fill out the Assurity Online Statement of Health?

A. If you enroll in or increase coverage for Voluntary Life Insurance or Dependent Life Insurance, you must complete the Assurity Online Statement of Health. If you do not complete the Statement of Health, your insurance will be reset to your current amount.