








# Furman University Health and Wellness Benefit Directory















Human Resources Front Desk Phone: 864.294.2217



Email: [humanresources@furman.edu](mailto:humanresources@furman.edu)

Web: <https://www.furman.edu/offices-services/human-resources/benefits/>








| 2024 Service Vendor   | Contact Information  |
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|    | <a href="mailto:FurmanWellness@PrismaHealth.org">FurmanWellness@PrismaHealth.org</a>   |
|    | Phone/text: 866.799.2485<br>Email: <a href="mailto:answers@HealthAdvocate.com">answers@HealthAdvocate.com</a><br>Web: <a href="http://HealthAdvocate.com/members">HealthAdvocate.com/members</a>   |
|    | Phone: 803-788-0222 Toll-free: 800-288-2227<br>Web: <a href="http://southcarolinablues.com">southcarolinablues.com</a>   |
|    | CAPTRUST Advice Desk: 800.967.9948<br>Mon-Thurs 8:30 am to 5:30 pm EST: Friday 8:30 am-4:00pm EST<br>Evening Appointments are available. <a href="http://www.captrustadvice.com">www.captrustadvice.com</a>  |
|    | TIAA Help Desk: 866-843-5640<br>Mon – Fri 9:00 am to 8:00 pm EST<br>Evening and virtual appointments are available. <a href="#">TIAA / Furman Login</a>  |
|  | MetLife Legal Plans Client Service Center:<br>Monday-Friday, 8:00a.m.-8:00 p.m. ET. 800-821-6400<br><br><a href="http://Members.legalplans.com">Members.legalplans.com</a>   |
|  | <b>Unum Critical Illness and Accident- Be Well</b> benefits- 1-800-635-5597<br><a href="https://www.unum.com/">https://www.unum.com/</a><br><b>Unum Dental-</b> (888) 400-9304: <a href="http://unumdentalcare.com">unumdentalcare.com</a><br><b>Unum Vision Powered by EyeMed-</b> (855) 652-8686<br><a href="http://www.eyemedvisioncare.com/unum">www.eyemedvisioncare.com/unum</a> |


| Program  | Vendor  | Program Summary  |
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| Health and Wellness Hours                        |    | <p>Staff in positions that are regularly scheduled to work 30 hours or more per week are eligible for <a href="#">Health and Wellness paid time off (PTO)</a>. Eligible staff receive 5 hours of Health &amp; Wellness PTO per calendar year with the goal of enhancing employee wellbeing. Health &amp; Wellness Hours may be taken at any time with supervisor approval and are to be used for on-campus “wellness” activities only. Health &amp; Wellness hours do not carry over from year to year and expire each December 31st. (Separate from the Summer Wellness hours program)</p>  |
| Furman University Wellness Program and Committee |    | <p>The mission of the <a href="#">Furman University Wellness Program</a> is to provide environmental, social, and individual support to encourage the Furman community to engage in healthy lifestyles that promote optimal well-being. Email: <a href="mailto:EmployeeWellness@furman.edu">EmployeeWellness@furman.edu</a></p>  |
| Campus Recreation & Wellness - PAC               |    | <p>The Herman W. Lay Physical Activities Center, or PAC, is the hub of fitness and recreational programs and activities. It is home to dozens of aerobic and weightlifting machines and has a multipurpose court, group fitness studio, and swimming pool. You’ll find plenty of options in our 36,000-square foot facility.</p> <p>Current faculty/staff at Furman receive a Campus Recreation and Wellness membership as a benefit. They may pick up their ID card at HR after completing the <a href="#">online request form</a>. Dependents over the age of 13 and spouses/partners of current faculty/staff may enjoy membership as well. The sponsoring faculty/staff member must first identify those dependents in their WorkDay profile and then request ID cards from the form on the HR website. Hours and more information can be found at <a href="http://furman.edu/campus-recreation/">furman.edu/campus-recreation/</a></p>  |
| Daniel Dining Hall by Café Bon Appetit           |  | <p>The <a href="#">Dining Hall</a>, which serves cafeteria style meals three times daily, has a faculty/staff dining room which is available to employees and their families. You may also dine in the main dining hall for a reasonable price and join the students in the “food court” selections. <a href="http://DanielDiningHall-FurmanUniversity.cafebonappetit.com">Daniel Dining Hall – Furman University (cafebonappetit.com)</a></p>    |

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| FITRx                                      |    | <p>Furman Health Sciences and Public Health majors implement learned foundations of exercise assessment, exercise prescription, health coaching, and lifestyle medicine. They provide free individualized exercise training for Furman students, employees, retirees, and dependents. For more information, please contact Kelly Frazier, Lecturer of Health Sciences via email at <a href="mailto:kelly.frazier@furman.edu">kelly.frazier@furman.edu</a> or ext. 2816.</p>  |
| Group Fitness                              |    | <p>Campus Recreation and Wellness and the Employee Wellness Committee offer 15+ fun and energizing group fitness classes per week for all fitness levels! Certified and welcoming instructors lead classes. Free for faculty, staff, spouses, dependents, and all other CRW members. See posted schedules within the Lay Physical Activities Center and our Instagram for any changes to this schedule. Pre-registration and class descriptions can be found at <a href="http://rec.furman.edu">rec.furman.edu</a>. For more information email <a href="mailto:haley.manus@furman.edu">haley.manus@furman.edu</a>. Follow us on Instagram @furmancrw.</p>                   |
| Furman University Office of Spiritual Life |    | <p>The <a href="#">Office of Spiritual Life</a> offers pastoral care and counseling to Furman employees and their family members. The Chaplains assist with individual and family concerns, hospital visitations and perform services for funerals and weddings. The Office of Spiritual Life also counsels and consults with ministers and social service agencies in the larger community and can assist with referrals. For more information call 864-294-2138.</p>   |
| Furman University Libraries                |  | <p>Whether you are looking for the latest bestseller or classic work, the Furman University Libraries provide access to almost any book you could want. The Furman University Library also subscribes to many magazines, research journals, and newspapers so that you can read free of paywall pop up blockers. Below are a few of the publications we subscribe to: The New York Times, The Wall Street Journal, The Washington Post, and Time Magazine. Email: <a href="mailto:libraryreference@furman.edu">libraryreference@furman.edu</a></p>  <p style="text-align: right;"><a href="https://libguides.furman.edu/staff">https://libguides.furman.edu/staff</a></p> |


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| <p>Furman University Police Department</p>  |    | <p>The Furman University Police Department is committed to maintaining a safe and secure campus. We are located in Estridge Commons and are available 24 hours, 7 days a week. <a href="https://www.furman.edu/university-police/">https://www.furman.edu/university-police/</a> For emergencies, call 911: For non-emergencies, call <b>864.294.2111</b> or use the LiveSafe App to contact dispatch directly.</p>   |
| <p>Corporate Wellness Partner</p>           |    |  |
| <p>On-Site Wellness Center</p>              |    | <p>Providing support for healthy lifestyle choices while offering quality and convenient care. All Furman University employees and spouses are encouraged to use the Wellness Center located within the Earle Student Health Center. The hours are <b>Monday 8:30am-12:30pm</b> and <b>Thursday 12:30pm-4:30pm</b>. Appointments are available in person or virtually during these times. Call <b>864-455-2455</b> or schedule via MyChart.</p> <p>Services offered include wellness visits, assistance in finding a primary care doctor, common laboratory testing, common medication refills, health coaching, care for common acute ailments such as earaches, sore throats, and rashes. Other treatable conditions include, but are not limited to sinus pain, UTIs, minor burns, bug bites/stings, allergy symptoms, minor strains and sprains. Due to IRS regulations, employees with the High Deductible Health Plan (HDHP) will incur a small fee to use the Wellness Center. However, there is no cost to use this service if you are enrolled in any of the other BCBS plans at Furman. Learn more <a href="#">here</a> or scan the QR code.</p>  |
| <p>On-Site Wellness Center Virtual Care</p> |  | <p>Need care but your on-site Wellness Center is closed? Virtual appointments are available Monday- Friday 8am-4:30pm. To schedule, call 864-455-2455. No cost to use this service unless you are enrolled in the HDHP. Due to IRS regulations, HDHP members will incur a small fee to use the Wellness Center virtual care.</p>   |








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| Health and Wellness Coaching                                     |    | <p>30-minute virtual health coaching session with a health and well-being consultant. Topics may include stress reduction, realistic and practical goal setting, healthy eating, physical activity, and more. Your session will include personalized action plans, referrals, and resources. Free to all employees, regardless of medical plan, and covered spouses. A combined limit of 2 sessions per year of health and wellness coaching and/or nutrition coaching. Sign up via Sign Up Genius. Enter <a href="mailto:FurmanWellness@PrismaHealth.org">FurmanWellness@PrismaHealth.org</a> under Search for a Sign Up. Select Wellness Coaching Session.</p>  |
| Nutrition Coaching   |    | <p>30-minute virtual health coaching session with a registered dietitian. Topics may include meal planning, healthful eating, weight management, physical activity, and more. Sessions include a personalized action plan, referrals, and resources. Free to all employees, regardless of medical plan, and covered spouses. A combined limit of 2 sessions per year of health and wellness coaching and/or nutrition coaching. Sign up via Sign Up Genius. Enter <a href="mailto:FurmanWellness@PrismaHealth.org">FurmanWellness@PrismaHealth.org</a> under Search for a Sign Up. Select Dietitian Coaching Session.</p>   |
| Prevention and Wellness Team and Five Phase Wellness Programming |  | <p>Your prevention and wellness team are here to support you on your wellness journey. We can help navigate your resources, including topics such as details on Prisma Health offerings and the Five Phase Wellness Program and HCP requirements. Contact via email <a href="mailto:FurmanWellness@PrismaHealth.org">FurmanWellness@PrismaHealth.org</a></p>  |







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| Prisma Health MyChart Patient Portal   |    | <p>MyChart is an online tool that connects you with your personal health information and your healthcare team quickly and easily. Any care you receive from a Prisma Health provider will appear in your MyChart account online. This is where you may view your health screening results and connect with the on-site Wellness Center provider. You may also link to other organizations' MyChart accounts and toggle between them for easy access to all your records. <a href="#">MyChart Patient Portal</a></p>  |
| Prisma Health <i>Find a Doctor</i>     |    | <p>A primary care provider is a healthcare clinician (either MD, DO, NP, PA credential) you see on a regular basis for annual need, as well as for acute visits that may present. Don't have a primary care provider? Call Prisma Health's <i>Find a Doctor</i> at 1-844-447-3627 (toll free) or visit the website, <a href="#">Find a Doctor</a>, to be connected with providers accepting new patients in your area. Customize your search by provider name, location, gender, and specialty.</p>                  |
| Health and Wellness Education Webinars |    | <p>60-minute webinars hosted by a health and well-being consultant or health educator on topics which may include, but are not limited to, nutrition, general healthful lifestyle, sleep and stress management, work and life balance, goal setting, physical activity. Sessions are advertised via Furman University Human Resources as they are offered. Email <a href="mailto:FurmanWellness@PrismaHealth.org">FurmanWellness@PrismaHealth.org</a> for more information.</p>  |
| ChooseWell                             |  | <p>Personalized package of 4 nutrition education sessions that are uniquely picked and delivered by our team of registered dietitians. Email <a href="mailto:FurmanWellness@PrismaHealth.org">FurmanWellness@PrismaHealth.org</a> for more information.</p>  |
| FitWell                                |  | <p>4-week program that educates participants on several types of exercise and how to execute them properly. It also focuses on goal setting and helping participants choose the best mode of exercise to meet their goals. Email <a href="mailto:FurmanWellness@PrismaHealth.org">FurmanWellness@PrismaHealth.org</a> for more information.</p>  |

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| LoseWell           |  | <p>13-week, medically-based weight management program that provides tools and support to build healthy diet, exercise, and life management skills for long-term weight loss and better health. Email <a href="mailto:FurmanWellness@PrismaHealth.org">FurmanWellness@PrismaHealth.org</a> for more information.</p>  |
| MindWell           |  | <p>4-week, flexible, individualized emotional well-being and stress reduction program that introduces strategies for increasing the physical, emotional, social, spiritual, financial, intellectual, and environmental wellness of employees.</p> <p>Email <a href="mailto:FurmanWellness@PrismaHealth.org">FurmanWellness@PrismaHealth.org</a> for more information.</p>  |
| QuitWell           |  | <p>4-week program that provides comprehensive support and education on the different health benefits of quitting tobacco. QuitWell focuses on goal setting and helping choose the best process for quitting tobacco. Email <a href="mailto:FurmanWellness@PrismaHealth.org">FurmanWellness@PrismaHealth.org</a> for more information.</p>  |
| Mobile Mammography |  | <p>Prisma Health’s Mobile Mammography Unit is dedicated to helping detect early breast cancer in women throughout the Midlands and Upstate regions of South Carolina. Our specialized mobile unit travels to various locations to provide the latest digital mammography screening. The unit is staffed with skilled, dedicated mammography technologists and a mobile health technician. Insurance claims will be filed. View the mobile unit tour <a href="#">here</a>. Contact via email <a href="mailto:FurmanWellness@PrismaHealth.org">FurmanWellness@PrismaHealth.org</a>. Offerings are promoted throughout the year via Human Resources.</p>  |



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| <p><b>Employee Assistance Program (EAP)</b></p>        | <p><b>HealthAdvocate™</b></p>  | <p>Your Employee Assistance Program (EAP) offers confidential support from EAP Professionals who can help you work through personal, family or work issues to feel more balanced and productive. You will receive personalized support to find balance and gain control during life’s challenges, all at no cost to you. There are also exclusive discounts to national vendors available. Support is available via phone, text, chat, video or face-to-face. Program can be accessed 24/7. Phone/text: 866.799.2485.<br/> Email: <a href="mailto:answers@HealthAdvocate.com">answers@HealthAdvocate.com</a> Web: <a href="http://HealthAdvocate.com/members">HealthAdvocate.com/members</a></p>  |
| <p><b>Health Insurance &amp; Wellness Services</b></p> |  South Carolina   |   |
| <p>My Health Toolkit</p>                               |  South Carolina   | <p>Mobile app and web portal providing comprehensive access to information about claims, network, wellness, incentive programs, etc.<br/> <a href="#">My Health Toolkit</a></p>   |
| <p>Prevention and Wellness Health Coaching</p>         |  South Carolina | <p>With earlier intervention, we help prevent chronic disease from escalating for members in the low-risk category. This program provides condition-specific education/counseling for these conditions: back care, maternity care, stress management, tobacco cessation, and weight management (adult and pediatric). Access via the <a href="#">My Health Toolkit</a></p>  |
| <p>Chronic Condition Support Health Coaching</p>       |  South Carolina | <p>Works to stabilize disease progression by education of condition-specific best practices and coordination of care efforts for members with the following conditions in the medium and high-risk categories: asthma (pediatric/adult), ADHD for adults, anxiety/stress management, bipolar disorder, COPD, depression, diabetes (adult/pediatric), heart failure, high blood pressure, high cholesterol, metabolic health, migraine, recovery support for substance abuse. Access via the <a href="#">My Health Toolkit</a></p>   |

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| My Health Novel              |  South Carolina   | Virtual network that matches members to the most appropriate third-party program based on their risk factors, interests, and engagement preferences. Programs offered for weight management, MSK, and behavioral health. Claims submitted to the plan at no cost to the member as they complete milestones. Next Chapter in 2024: Women’s Health. Access via the <a href="#">My Health Toolkit</a>  |
| Strive                       |  South Carolina   | Digital platform available through single sign-on, includes Health check, Daily cards, Healthy habits, Journeys, Challenges, Friends invite and integration with our preferred biometric screening vendors. Access via the <a href="#">My Health Toolkit</a>  |
| Complex Case Management      |  South Carolina   | Effectively manage and coordinate care for members with multiple complex needs including medical and behavioral health. Case managers service as health advocates for: high-risk maternity care, NICU care, members with the most complex conditions that may result in frequent hospitalizations, post-acute care, long term, or life-threatening conditions such as malignancies, transplants, trauma, and ESRD. Access via the <a href="#">My Health Toolkit</a>                                   |
| Essential Advocate           |  South Carolina   | 24/7 toll-free telephone number dedicated to providing member level support whenever they need it. Three components: Care coordinator – find doctor, schedule appointments, community resources, etc. Registered Nurse – assess symptoms, provide care recommendations, answer questions on medications/side effects. Advocate – help compare costs before scheduling treatment, educate and gather materials for claims appeal, resolution support. Access via the <a href="#">My Health Toolkit</a> |
| Blue Care on Demand          |  South Carolina   | Telehealth is an option available 24/7, 365 days a year where members can connect with health care professionals for Urgent Care, Behavioral Health, and Lactation Support. Copay for PPO plans, set claims cost for HDHP. Access via the <a href="#">My Health Toolkit</a>   |
| My Health Planner            |  South Carolina | Digital App with personalized care programs where members can chat with their care manager, complete tasks around their care program, set medication reminders, etc. Access via the <a href="#">My Health Toolkit</a>   |
| My Diabetes Discount Program |  South Carolina | Value-based benefit that rewards those with diabetes who effectively manage their condition with a reduced copay on diabetic supplies. Access via the <a href="#">My Health Toolkit</a>   |

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| Meru Health                       |  South Carolina | <p>Digital 12-week program that focuses on holistic mind-body approach to mental health. After completion, members still can access resources on the app. Access via the <a href="#">My Health Toolkit</a></p>   |
| Blue Centers of Distinction       |  South Carolina | <p>Blue Centers of Distinction are Blue Cross and Blue Shield nationally recognized doctors and hospitals. They meet established quality measures and evaluations in a range of specialty care including transplants, knee and hip replacements, and cardiac care. They have a proven history of better-quality care. Find the full list at <a href="https://bcbs.com/blue-distinction-center/facility">bcbs.com/blue-distinction-center/facility</a></p>   |
| Legal Services                    |  |  |
| MetLife Legal Plans               |                 | <p>Helping you navigate life’s planned and unplanned events. For a monthly fee, you, your spouse and dependents get legal assistance for some of the most frequently needed legal matters- with no waiting periods, no deductibles and no claim forms when using and network attorney for a covered matter. Whether you’re buying a home or selling a home, starting a family, or caring for aging parents, the benefit provides protection at every step. MetLife Legal Plans Client Service Center: Monday-Friday, 8:00a.m.-8:00 p.m. EST. 800-821-6400 <a href="https://Members.legalplans.com">Members.legalplans.com</a></p>  |
| Employee Assistance Program (EAP) |               | <p>Your Employee Assistance Program (EAP) offers confidential support from Professionals who can help you work through personal, family or work issues, including referrals to legal experts. You will receive personalized support to find balance and gain control during life’s challenges, all at no cost to you. There are also exclusive discounts to national vendors available. Support is available via phone, text, chat, video or face-to-face. Program can be accessed 24/7. Phone/text: 866.799.2485. Email: <a href="mailto:answers@HealthAdvocate.com">answers@HealthAdvocate.com</a> Web: <a href="https://HealthAdvocate.com/members">HealthAdvocate.com/members</a></p>                            |

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| Financial Services and Retirement Planning |   |   |
| CAPTRUST Financial Services                |  | <p>CAPTRUST is a third-party vendor with no monetary ties to your Furman retirement account or investments. Investment advice on any or all of your investments is FREE. As a fiduciary and investment advisor to some of the country's biggest retirement plans, CAPTRUST has the experience and the knowledge to best serve your wealth planning, risk management, and investment challenges.</p> <p>CAPTRUST Advice Desk: 800.967.9948<br/> Mon-Thurs 8:30 am to 5:30 pm EST Friday 8:30 am-4:00pm EST<br/> Evening Appointments are available. <a href="http://www.captrustadvice.com">www.captrustadvice.com</a></p>    |
| TIAA Financial Services                    |  | <p>TIAA is the custodian of Furman employees' retirement accounts. <b>Investment advice from them regarding your Furman retirement account / investment is FREE.</b> Eligible employees will receive contributions from the University on the first day of the month after two (2) continuous years of service at the University and after reaching age 21. If an employee has prior service at another eligible employer or has tenure at Furman University, these time frames may differ.</p> <p>Contributions by the University are applied to individual annuities or accounts by TIAA. The University's contributions to the Retirement Plan are made every pay period during the years of participation, except for times in which no salary is paid. The University makes a discretionary contribution to the Retirement Plan, which can be changed or discontinued, but is currently paid in accordance with the following schedule:</p> <ul style="list-style-type: none"> <li>• 6% of salary after 2 years of employment</li> <li>• 11% of salary after 7 years of employment</li> </ul> <p><a href="#">TIAA / Furman Login</a></p> |

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| <p>Critical Illness and Accident Insurance<br/>Dental Insurance<br/>Vision Insurance</p> |  |   |
| <p>Unum Critical Illness Be Well<br/>Unum Accident Be Well</p>                           |  | <p>Each year you can earn a valuable incentive just for taking care of your health. Many of these tests are routinely performed, so it's easy to take advantage of this benefit. Some examples of Be Well screening include annual exams, including dental and vision exams, some imaging studies, certain immunizations, and cholesterol and diabetes screenings (including offering of annual biometric health screening events).</p> <p><b>Unum Critical Illness and Accident- Be Well</b> benefits- 1-800-635-5597.<br/><a href="https://www.unum.com/">https://www.unum.com/</a></p>  |
| <p>Unum Dental</p>   |  | <p>Dental insurance that can help you pay for dental exams, cleanings, and other services.</p> <p><b>Unum Dental-</b> (888) 400-9304: <a href="http://unumdentalcare.com">unumdentalcare.com</a></p>   |
| <p>Unum Vision Powered by EyeMed</p>   |  | <p>Vision insurance where members have the freedom to choose any provider from EyeMed's Insight Network.</p> <p><b>Unum Vision Powered by EyeMed-</b> (855)652-8686: <a href="http://www.eyemedvisioncare.com/unum">www.eyemedvisioncare.com/unum</a></p>   |