



# CHANT *Benefits*

COASTAL CAROLINA UNIVERSITY BENEFITS NEWSLETTER

## Tobacco Cessation

This benefit provides enrollment in the Quit For Life® program at no member cost. It also includes a \$0 copay for certain tobacco cessation drugs to eligible participants. Covered spouses and dependent children ages 13 or older are also eligible for the program.

An expert Quit Coach® will support you over the phone, online and via text and will help you follow a Quitting Plan customized to your needs.

To enroll:

1. Call 800.652.7230 (State Health Plan's dedicated line) or call 866.QUIT.4.LIFE (866.784.8454).
2. Visit [www.quitnow.net/SCStateHealthPlan](http://www.quitnow.net/SCStateHealthPlan).

## THIS ISSUE:

- TOBACCO CESSATION
- TELEHEALTH
- 529 COLLEGE SAVING ACCOUNTS
- LIFESERVICES EAP INFORMATION
- "DID YOU KNOW?" CORNER
- CONTACT US
- STATE ORP VENDOR ONE-ON-ONE SESSIONS

## IMPORTANT DATES:

- ORP One-on-One Sessions - Page 3
- NASCAR Events
  - May 12, 2024
  - September 1, 2024

## Blue CareOnDemand<sup>SM</sup>

Blue CareOnDemand<sup>SM</sup> is a faster, easier way to connect with health care professionals from your computer or smartphone. Urgent care and behavioral health telehealth benefits are available to State Health Plan primary members ages 18 and older. Urgent care telehealth services are available for primary dependents younger than age 18, and behavioral health telehealth services are available for State Health Plan primary dependents ages 10-17 with a parent or legal guardian's consent. Medicare-primary members are not eligible for this service.

Register today

### From your computer

Visit [www.StateSC.SouthCarolinaBlues.com](http://www.StateSC.SouthCarolinaBlues.com) to log in to your My Health Toolkit® account. Select Providers & Services, then Telehealth.

### From your mobile device

Download the free My Health Toolkit app for your Apple or Android device. From the app, select Find Care, then Video Visit.

## MUSC Health Virtual Care

MUSC Health Virtual Care is an easy way to be treated for common conditions such as allergies, pink eye, sinus infections, skin rashes, sore throat, urinary tract infections and flu. It is available 24/7. This service is available at no cost to members for all State Health Plan members, including Medicare primary members.

Members ages 18 and older can create an account. Visits for dependent children younger than age 18 must be completed by a parent. You do not need to be a South Carolina resident; however, you must be in the state at the time of the visit.

### Two options for a visit

- Questionnaire: Answer a series of questions about how you feel and your symptoms. .
- Chat interview: Provide basic information about your symptoms, then chat with the provider.

### How to start a visit

- Go to [www.MUSChealth.org/telehealth-services](http://www.MUSChealth.org/telehealth-services).
- Select Telehealth for Urgent Care Login, then Create Account.
- Select State Health Plan, then Continue.



For questions related to medical leave:

[FMLA@coastal.edu](mailto:FMLA@coastal.edu)

Assistance with benefits and retirement:

[ccubenefits@coastal.edu](mailto:ccubenefits@coastal.edu)

Requests for workplace accommodations:

[ADA@coastal.edu](mailto:ADA@coastal.edu)

Employee Relations concerns:

[EmpRelations@coastal.edu](mailto:EmpRelations@coastal.edu)

Questions about employee performance management (EPMS): [EPMS@coastal.edu](mailto:EPMS@coastal.edu)

General HR questions: [CCUHR@coastal.edu](mailto:CCUHR@coastal.edu)

## 529 College Savings Plan

529 plans are tax-advantaged accounts that can be used to pay educational expenses from kindergarten through graduate school.

Offered through Edward Jones. Contact Shaun Walsh at (843) 238-3343 for information

## LifeServices Employee Assistance Program

Easily access Free and Confidential 24/7 counseling, support, and personalized content, for dependents and all members of your household, from any device

- Telephonic, Chat and Video Access
- Personalized Content and Activities
- Shopping Discounts

My Life Expert includes the following daily living resources:

- 1000+ Articles, videos and worksheets
- Daily living and lifestyle assessment surveys
- Events calendar for latest webinars and online training sessions
- Build your own customized profile
- 24/7 confidential support
- Interactive checklists

Visit: [www.lifeserviceseap.com](http://www.lifeserviceseap.com) Use Code: LS0238 Call: 800.822.4847

To register for upcoming webinars or view recorded webinars, please visit

<https://allonehealth.com/webinars/>

## Did You Know?

### CCU Tuition Waiver Program

To support the educational and professional development of its employees, Coastal Carolina University allows employees in FTE, temporary grant, time-limited, or research grant positions to apply for a tuition waiver for undergraduate and graduate courses taken at Coastal Carolina University.

[FAST-223 CCU TUITION WAIVER PROGRAM POLICY](#)

[CCU TUITION WAIVER REQUEST FORM](#)

### Undergraduate Scholarship for Dependents

Dependent children and spouses (see definitions, below) of faculty and staff members who are employed at least thirty hours per week in slotted, time-limited, research grant or temporary grant positions are eligible for this scholarship. In addition, the sponsoring staff or faculty member must have completed at least 12 months of continuous service.

[UNDERGRADUATE SCHOLARSHIP INFORMATION](#)

[REQUEST FOR UNDERGRADUATE SCHOLARSHIP FORM](#)

### Faculty & Staff Benevolence Fund

The Faculty and Staff Benevolence Fund program is designed to provide limited financial assistance to eligible employees who are experiencing extreme economic hardship due to certain emergency situations. Situations should be short-term or temporary in nature, and not chronic.

See below for more information:

[Faculty & Staff Benevolence Fund](#)

[Benevolence Fund Request Form](#)

Contact us for questions related to insurance or retirement:

843.349.2036, Option 2  
[ccubenefits@coastal.edu](mailto:ccubenefits@coastal.edu)



May 8, 2024

and

May 10, 2024

Registration information forthcoming



May 7, 2024

Register for Retirement Workshop

May 8, 2024

Register for One-on-One session



Coastal Carolina University employees and families are invited to reserve exclusively discounted tickets for upcoming events!!!

NASCAR Cup Series Goodyear 400

May 12, 2024 - 3:00pm  
at

Darlington Raceway  
[Click to Purchase Tickets](#)

75th Running of the Cook Out Southern 500  
September 01, 2024 - 6:00pm  
at

Darlington Raceway  
[Click to Purchase Tickets](#)