

2023

# Benefits



Froedtert Health provides its staff members with a variety of benefits that offer choice and flexibility. These benefits are designed to be competitive within the market and meet the needs of you and your family.

The 2023 Benefits Mini Guide includes brief descriptions of our benefit plans and the benefit costs. For more detailed information, visit [benefits.froedtert.com](https://benefits.froedtert.com) (PW: FHBen) and view the virtual Benefits Guidebook.

## Benefits Basics

### Benefit Eligibility Tier

Your benefit eligibility tier is tied to your Full-Time Equivalent (FTE) and affects which benefits you are eligible for and your contribution rates. The greater your FTE, the more Froedtert Health contributes towards your benefits. Use the Benefit Eligibility Tiers table to determine your tier.

Benefit Eligibility Tiers	
Tier	Full-Time Equivalent (FTE)
①	0.800 – 1.000
②	0.500 – 0.799
③	0.0125 – 0.499
④	Zero assigned hours or 0 – 0.0124

### Enrolling in Benefits

You have 30 days from your date of hire, eligibility tier change or qualified life event to add, drop or request changes to your benefits. All benefits begin on your date of hire unless otherwise noted. Any payroll deductions for benefits missed during your benefit enrollment period will be deducted from a future paycheck after your benefit choices are finalized.

• DAYS •  
**30**

After you choose your benefits, you may only make changes during Annual Enrollment or a qualified life event.

### Who can be covered?

You may cover your spouse (same or opposite sex) and eligible children under age 26.

If you enroll a family member in Froedtert Health benefits, you will be asked to provide documentation to verify their eligibility. Your family members will be removed if you do not respond or incomplete documentation is submitted.

Froedtert Health benefits are available to eligible Froedtert Health and Wisconsin Diagnostic Laboratories (WDL) staff members. Benefit coverage is the same; however, vendors and contact information may vary. Any differences are noted.

Right care, right place, right time.



**Froedtert**

# Medical Coverage 1 2



Froedtert Health offers two medical plan options so you can choose the plan that best meets your needs. Both plans are administered by Exceedent and self-funded by Froedtert Health. The Froedtert Health medical plans include prescription drug coverage, which is managed by MedImpact for Froedtert Health staff and VertuRx for WDL staff.

Froedtert Health uses a customized network of providers, which includes a variety of hospitals, urgent care centers, primary care physicians and specialists. The zip code of your home address determines your in-network options. You receive the highest benefit level by selecting an in-network physician or facility. When you receive the highest benefit level, you pay less out of your pocket for medical services. You are responsible for more of the cost if the physician or facility is out-of-network.

You are responsible for maintaining your dependent's address if they do not live at your home address. The zip code of their home address determines their in-network options.

## Find an In-Network Provider

Visit [exceedenthealth.com/froedtert](https://exceedenthealth.com/froedtert) to access the Provider Directory and find in-network providers.

Plan Details	PPO Medical Plan		High Deductible Medical Plan	
	You Pay In-Network	You Pay Out-of-Network	You Pay In-Network	You Pay Out-of-Network
<b>Annual Deductible</b> Individual / Family	\$1,000 / \$2,000	\$3,000 / \$6,000	\$3,000 / \$6,000	\$9,000 / \$18,000
<b>Out-of-Pocket Maximum</b> Individual / Family	\$3,000 / \$6,000	\$8,000 / \$16,000	\$5,000 / \$10,000	\$15,000 / \$30,000
<b>Additional Information</b>	In the PPO plan the copays do not count towards the deductible but do count towards the out-of-pocket maximum. This does not apply for the high deductible plan because it doesn't include copays. For both plans, the out-of-pocket maximum includes the deductible and prescription costs.			
<b>Froedtert's HSA Contribution</b> Individual / Family	N/A		\$500 / \$1,000	
<b>Services</b>				
<b>Preventive Care</b>	FH pays 100%		FH pays 100%	
<b>Physician Office Visit</b>	\$30 copay	50% after deductible	15% after deductible	50% after deductible
<b>Specialist Office Visit</b>	\$60 copay			
<b>FastCare Clinic</b>	FH pays 100%		\$65 per visit	Not available
<b>Diagnostic Test</b>	15% after deductible		50% after deductible	
<b>Surgery – Outpatient</b>			50% after deductible	
<b>Hospital Care – Inpatient</b>			\$600 copay then 50% after deductible	
<b>Emergency Room</b>			15% after deductible for true medical emergencies	
<b>Ambulance</b>	15% after deductible		15% after deductible	
<b>Urgent Care</b>			50% after deductible	
<b>Morbid Obesity Treatment</b> (Staff and spouses only)			No coverage	
<b>Chiropractic</b>	\$60 copay / \$1,000 limit		No coverage	

## Prescription Drug

Plan Details	PPO Medical Plan		High Deductible Medical Plan	
	You Pay Internal Pharmacies	You Pay External Pharmacies	You Pay Internal Pharmacies	You Pay External Pharmacies
<b>Prescription Drug Plan (30-Day Supply)</b>				
<b>Annual Deductible</b> Individual / Family	Waived at internal pharmacies	\$100 / \$200	You are responsible for the full cost of your medications until the in-network medical deductible is met.	You are responsible for the full cost of your medications until the out-of-network medical deductible is met.
<b>Out-of-Pocket Maximum</b>	Plan pays 100% for remainder of calendar year after in-network out-of-pocket maximum is met.	Plan pays 100% for remainder of calendar year after the out-of-network out-of-pocket maximum is met.	Plan pays 100% for remainder of calendar year after in-network out-of-pocket maximum is met.	Plan pays 100% for remainder of calendar year after the out-of-network out-of-pocket maximum is met.
<b>Formulary Generic</b>	10% of cost or \$4 minimum copay	25% of cost	10% of cost or \$4 minimum copay after the medical deductible is met.	25% of cost after the medical deductible is met.
<b>Formulary Brand</b>	20% of cost or \$20 minimum copay	40% of cost	20% of cost or \$20 minimum copay after the medical deductible is met.	40% of cost after the medical deductible is met.
<b>Non-Formulary Generic and Brand</b> (may require approval)	50% of cost or \$50 minimum copay	75% of cost	50% or \$50 minimum copay after the medical deductible is met.	75% of cost after the medical deductible is met.
<b>Safe Harbor Medication List</b>	Not applicable	Not applicable	Copay/coinsurance is based on formulary status of the medication and brand vs. generic, as shown above.	Coinsurance is based on formulary status of the medication and brand vs. generic, as shown above.

## Medical Plan Deductions (taken twice a month)

Deductions are determined by your benefit eligibility tier and the coverage category you choose.

Coverage Category	PPO Medical Plan		High Deductible Medical Plan	
	You Pay	Total Benefit Cost	You Pay	Total Benefit Cost
<b>Tier 1</b>				
<b>Single</b>	\$67.00	\$390.83	\$49.00	\$355.55
<b>Single + Child(ren)</b>	\$144.00	\$742.58	\$110.00	\$675.55
<b>Single + Spouse</b>	\$171.00	\$859.83	\$130.00	\$782.22
<b>Family</b>	\$230.00	\$1,133.41	\$177.00	\$1,031.10
<b>Tier 2</b>				
<b>Single</b>	\$67.00	\$390.83	\$49.00	\$355.55
<b>Single + Child(ren)</b>	\$216.00	\$742.58	\$177.00	\$675.55
<b>Single + Spouse</b>	\$256.00	\$859.83	\$211.00	\$782.22
<b>Family</b>	\$345.00	\$1,133.41	\$286.00	\$1,031.10

### TIP!

**Not sure which plan to choose? Talk to ALEX!** ALEX will ask you a few questions about your health care needs, crunch some numbers and recommend a plan that's best for your personal situation. Visit [myalex.com/froedtert](http://myalex.com/froedtert) to talk to ALEX today.



# Convenient Clinics



Froedtert Health offers fast and convenient options for those times when you or your family member has a minor health concern and can't wait for a doctor's appointment.

## Workplace Clinics

- Available to **all** staff at no cost
  - Also available to family members, age 16 and older, enrolled in a Froedtert Health medical plan
- Onsite clinics with multiple locations
- Visit the Workplace Clinics *Scout* page to learn more

## FastCare Clinics

- Available to staff and family members, age 18 months or older, enrolled in a Froedtert Health medical plan
  - Froedtert Health pays 100% of the cost for staff enrolled in the PPO medical plan
  - A fee per visit applies for staff enrolled in the high deductible medical plan
- Conveniently located in select Meijer stores and the McKinley Health Center
- Evening, weekend and holiday hours are available
- Visit [froedtert.com/fastcare](https://froedtert.com/fastcare) to view locations, contact information and hours of operation

## Froedtert Health On-Demand Video Visits

- Available to **all** staff at no cost
  - Also available to family members enrolled in a Froedtert Health medical plan
- Receive face-to-face care through video chat
- No appointment needed
- Request care by visiting [froedtert.com/virtual-clinic](https://froedtert.com/virtual-clinic) or downloading the Froedtert & MCW app

## Doctor on Demand Virtual Visits

- Available to staff and family members enrolled in a Froedtert Health medical plan
  - Froedtert Health pays 100% of the cost for staff enrolled in the PPO medical plan
  - A fee per visit applies for staff enrolled in the high deductible medical plan
- Available on nights, weekends and holidays while you are in Wisconsin
- Available 24/7 while traveling or living outside of Wisconsin
- Visit [exceedenthealth.com/froedtert](https://exceedenthealth.com/froedtert) to learn more and request care

# Workforce Health



Froedtert Health is committed to supporting your health and well-being. Workforce Health provides all staff members with virtual and on-site programming and challenges that encourage healthy living.

## Get Started

Visit [workforcehealth.org/froedtert](https://workforcehealth.org/froedtert) to start participating.

# Voluntary Benefits



Voluntary benefits are individual policies that help fill any gaps in your healthcare coverage. You do not need to be enrolled in a Froedtert Health medical plan to participate in voluntary benefits. These plans are available for purchase through BenefitHub.

Voluntary benefits include:

- Critical illness insurance
- Accident insurance
- Hospital indemnity insurance
- Short-term disability buy-up plan

## Additional Voluntary Benefits

All staff are eligible to purchase other types of voluntary benefits through BenefitHub. Options include:

- Auto insurance
- Homeowners insurance
- Pet insurance
- Identity theft protection
- Legal services

# Dental Coverage 1 2

Froedtert Health offers a PPO dental plan and an EPO dental plan giving you the flexibility to choose the plan that best meets your needs. Both plans are administered by Delta Dental.

PPO Dental Plan	EPO Dental Plan
<ul style="list-style-type: none"> <li>In-network and out-of-network coverage</li> <li>Orthodontia coverage for children only</li> <li>To find a provider, visit <a href="http://deltadentalwi.com">deltadentalwi.com</a> and use the PPO or Premier network</li> </ul>	<ul style="list-style-type: none"> <li>In-network coverage only</li> <li>Orthodontia coverage for children and adults</li> <li>To find an in-network provider, visit <a href="http://deltadentalwi.com">deltadentalwi.com</a> and use the PPO network</li> </ul>

## Dental Plan Deductions (taken twice a month)

Coverage Category	PPO Dental Plan		EPO Dental Plan	
	You Pay	Total Benefit Cost	You Pay	Total Benefit Cost
<b>Tier 1</b> <span>1</span>				
Single	\$11.00	\$24.94	\$10.00	\$24.28
Single + Child(ren)	\$21.00	\$47.38	\$24.00	\$56.79
Single + Spouse	\$22.00	\$49.88	\$20.00	\$48.50
Family	\$33.00	\$74.57	\$36.00	\$86.36
<b>Tier 2</b> <span>2</span>				
Single	\$16.00	\$24.94	\$15.00	\$24.28
Single + Child(ren)	\$30.00	\$47.38	\$35.00	\$56.79
Single + Spouse	\$32.00	\$49.88	\$31.00	\$48.50
Family	\$48.00	\$74.57	\$55.00	\$86.36

### TIP!

**Not sure which plan to choose? Talk to ALEX!** ALEX will ask you a few questions about your dental care needs, crunch some numbers and recommend a plan that's best for your personal situation. Visit [myalex.com/froedtert](http://myalex.com/froedtert) to talk to ALEX today.



# Vision Coverage 1 2

Eye exams will show if you need corrective lenses and may also detect health problems. Our vision plan pays for a routine eye exam as well as glasses or contact lenses. The plan is administered by National Vision Administrators (NVA).

To find an NVA provider, visit [e-nva.com](http://e-nva.com) and enter the group/sponsor number listed below.

**Froedtert Health Staff:** 12540001

**WDL Staff:** 12540005

## Vision Plan Deductions (taken twice a month)

Coverage Category	Vision Coverage
	You Pay
<b>Tiers 1 and 2</b> <span>1</span> <span>2</span>	
Single	\$3.40
Single + Child(ren)	\$6.12
Single + Spouse	\$7.13
Family	\$10.20

# Employee Assistance Program 1 2 3 4



Whether you're feeling stressed, overwhelmed or just need a little pick me up, Spring Health, Froedtert Health's Employee Assistance Program (EAP), is here to help you feel better.

Spring Health is a free, confidential benefit that offers counseling, work/life services and self-help mental wellness activities. With Spring Health you and your family can:

- Receive 10 free therapy sessions
- Access work/life services
- Get one-on-one coaching and personalized care
- Practice self-guided mental wellness activities

## TIP!

Spring Health is available to you and your household family members, even if you are not enrolled in a Froedtert Health medical plan.

# Health Savings Account 1 2

A Health Savings Account (HSA) is a personal healthcare bank account that allows you to:

- Pay for out-of-pocket medical, dental and vision expenses with pre-tax money
- Save and rollover money from year to year
- Keep the money even if you change employers

You decide how much money you want to put into your HSA based on an estimate of your healthcare expenses for the year. The annual amount will be divided evenly, taken on a pre-tax basis from your paycheck twice a month and contributed to your HSA. Contributions begin the first of the month following your date of hire. You may change your contribution monthly. You must re-enroll in the HSA each year.

Froedtert Health makes quarterly contributions to your HSA. The amount contributed each quarter depends on the coverage category you choose for the high deductible medical plan.

## Am I eligible for the HSA?

The IRS has strict guidelines for who is eligible to open and contribute to an HSA. Visit [benefits.froedtert.com](https://benefits.froedtert.com) to learn more.

Coverage Category	Minimum Annual Contribution	Your Maximum Annual Contribution	Froedtert Health's Annual Contribution	Total Annual Contribution Limit
Single	\$120	\$3,350	\$500	\$3,850
Single + Child(ren)		\$6,750	\$1,000	\$7,750
Single + Spouse				
Family				

# Flexible Spending Accounts 1 2

## Traditional Healthcare FSA

A Traditional Healthcare Flexible Spending Account (FSA) lets you use pre-tax dollars to pay for eligible medical, dental and vision expenses that may not be covered by your healthcare plans. This plan is administered by HealthEquity.

You do not need to participate in a Froedtert Health medical, dental or vision plan to contribute to the FSA. However, you are not eligible for the Traditional Healthcare FSA if you are enrolled in a high deductible medical plan with a health savings account. You must re-enroll in the FSA each year.

You decide how much money you want to put in your FSA based on your estimate of expenses for the plan year. The annual amount will be divided evenly, taken on a pre-tax basis from your paycheck twice a month and contributed to your FSA. After you choose your contribution, you cannot make midyear changes unless you have a qualified life event that allows you to request a change.

### Use It or Lose It

The Traditional Healthcare FSA is a Use It or Lose It benefit. That means you have to use the money by a certain date or you lose the money in your FSA.

The Traditional Healthcare FSA has a grace period. The grace period gives you extra time to spend 2023 money.



FSA Type	Minimum Annual Contribution	Froedtert Health's Contribution	Maximum Annual Contribution
Traditional Healthcare FSA	\$120	\$0	\$2,850

## Dependent Day Care FSA

A Dependent Day Care FSA lets you use pre-tax dollars to pay for eligible expenses related to care for your child, disabled spouse, elderly parent or other dependent who is physically or mentally incapable of self-care, so you or your spouse can work, look for work or attend school full-time. This plan is administered by HealthEquity.

You decide how much money you want to put in your FSA based on your estimate of expenses for the plan year. The annual amount will be divided evenly, taken on a pre-tax basis from your paycheck twice a month and contributed to your FSA. After you choose your contribution, you cannot make midyear changes unless you have a qualified life event that allows you to request a change. You must re-enroll in the FSA each year.

FSA Type	Minimum Annual Contribution	Froedtert Health's Contribution	Maximum Annual Contribution
Dependent Day Care FSA	\$120	\$0	\$5,000 (if Single or Married filing a joint return) \$2,500 (Married Filing Separately or Highly Compensated)

# Commuter Transit Account 1 2

The Commuter Transit Account allows you to set aside pre-tax dollars to pay for eligible public transportation expenses related to your daily commute to and from work. Eligible transportation expenses include the Milwaukee County Transit, Waukesha Metro Transit, Washington County Commuter Express and more. You can enroll, change or cancel your contribution at any time throughout the year. This plan is administered by HealthEquity.

# Life and AD&D 1 2



Life insurance is especially important if others count on you for financial support. Your beneficiary may use the money to pay off debts, such as credit cards, mortgage and end-of-life costs. Life insurance coverage is provided by Unum.

Froedtert Health provides you with a term life insurance policy, equal to 1x your basic annual earnings (rounded to the next higher \$1,000 of coverage) to a maximum of \$600,000. **Basic life insurance is provided at no cost to you.**

You can buy more life insurance for yourself, your spouse and/or dependent children at affordable group rates.

Accidental Death and Dismemberment (AD&D) insurance gives you or your beneficiary a payment in case of an accidental death or dismemberment. AD&D coverage is equal to 1x your basic annual earnings to a maximum of \$600,000.

**This coverage is provided at no cost to you.**

You can buy more AD&D coverage for yourself, your spouse and/or dependent children at affordable group rates.

# Disability Coverage 1 2

Froedtert Health has short-term (STD) and long-term disability (LTD) coverage to provide income if you are disabled and cannot work. Disability coverage is administered by Unum.

## Short-Term Disability

In the event of an illness or injury that prevents you from working, you may receive STD benefits after being disabled for seven calendar days. Under STD, you receive 60% of your pre-disability weekly base earnings based on your FTE. STD continues for up to 90 days from when the illness or injury occurred. **The coverage is provided to you by Froedtert Health; there is no cost to participate.**

## Long-Term Disability

If you have LTD coverage and your illness or injury continues longer than 90 days, you may receive LTD benefits. Under LTD, you receive 60% of your pre-disability monthly income. LTD continues until you are no longer disabled or you reach your Social Security normal retirement age, whichever comes first.

If you are non-exempt staff member, you may choose to enroll in LTD at an affordable group rate.

If you are an exempt staff member, long-term disability is provided to you by the organization; there is no cost to participate.

# Paid Time Off & Holiday 1 2 3



Froedtert Health offers a combined bank of Paid Time Off (PTO) and holiday benefits. Your PTO bank is available for time away from work for vacations, occasional illness, appointments and holidays.

You accrue PTO each pay period that you work, starting from your date of hire. PTO must be accrued before it is used.

Froedtert Health staff may start using PTO after it is accrued and credited to their PTO bank.

WDL staff may start using PTO after 90 days of employment.

## PTO Accrual Schedules

Visit [benefits.froedtert.com](https://benefits.froedtert.com) (PW: FHBen) to view the PTO accrual schedules.

# Retirement Savings Plans 1 2 3 4

The Froedtert Health retirement plans help you plan now to retire well. Through payroll deductions, you can contribute up to the IRS annual limit, which in 2022 is \$20,500 (or \$27,000 if you are or will be 50 or older during the calendar year). These amounts may be indexed for 2023. The plans are administered by Lincoln Financial Group.

## 403(b) Savings Plan (Froedtert Health Staff Members)

Froedtert Health matches \$.50 of every \$1.00 you contribute, up to the first 6% of your salary. You must contribute your own money to receive the Employer Match.

The Employer Service Contribution is based on your years of eligible service. Froedtert Health will contribute 2.5% to 4.5% of your salary based on your years of service. You do not need to contribute your own money to get the Employer Service Contribution.

Vesting means ownership of the money in your 403(b). You are always 100% vested in all your contributions but you must become vested in Froedtert Health contributions. Each year that you work 1,000 paid hours counts as a vesting year.

### TIP!

Visit [benefits.froedtert.com](https://benefits.froedtert.com) (PW: FHBen) to learn more about the retirement plans.

## 401(k) Savings Plan (WDL Staff Members)

All WDL staff are automatically enrolled with a 5% deduction after you have completed 3 months of employment.

WDL contributes a 3% Safe Harbor contribution after one year of service and 1,000 hours worked. You do not need to contribute your own money to receive the Safe Harbor contribution.

You also receive a match contribution of 50% up to the first 5%, after one year of service and 1,000 hours worked. You must contribute your own money to receive the match contribution.

Vesting means ownership of the money in your 401(k). You are always 100% vested in all your contributions and the Safe Harbor contributions. Match contributions are subject to a 3-year cliff vesting schedule.

# Care@Work Benefit 1 2 3 4

## Care.com

Through our Care@Work benefit you receive a premium [Care.com](#) membership at no cost. On [Care.com](#) you can search and review caregiver profiles and post jobs to find babysitters, nannies, special needs and senior care givers, pet sitters and more.

## Backup Care

Backup care is temporary, subsidized care for children and adults when their regular care arrangements are not available and you have to be at work. You have the choice of requesting in-center or in-home care.

## Senior Care Planning

Senior care planning is available to help you care for an ill or aging loved one. A dedicated Senior Care Advisor will work one-on-one with you and your family to provide ongoing, personalized guidance and support.

# Tuition Reimbursement 1 2

Froedtert Health encourages professional development through tuition reimbursement for pre-approved degrees at accredited schools. You may be eligible for tuition reimbursement for classes that begin on or after your date of hire.

You are eligible for up to \$5,250 in tuition reimbursement per calendar year. If you are enrolled in an accredited nursing program, you are eligible for up to \$7,500 per calendar year. Proof of acceptance into the nursing program is required.

# Healthy Contributions 1 2 3 4

Healthy Contributions is a fitness center reimbursement program that rewards you for being active. You are eligible to receive a monthly \$20 reward for attending a participating fitness center at least eight times a month. Attendance is tracked each time you check into the participating fitness center. Your \$20 reward is added to your paycheck.

# WeightWatchers 1 2 3 4

All staff members can access WeightWatchers (WW) at a discounted rate. WW tailors weight loss to your life and helps you stay motivated. With WW you will have access to the WW app, trained coaches, recipes, on-demand workouts and more.

# Discount Marketplace 1 2 3 4

All staff members have access to the Discount Marketplace through BenefitHub. On the Marketplace, you can find discounts on thousands of national brands, cash back offers and local deals near you.

# Vendor Contact Information

Vendor Contact Information				
If you have questions about your benefits, please contact the company that administers the plan for Froedtert Health.				
Benefit	Plan	Provider	Phone	Website
Medical	Medical Plan Claims	Exceedent	1-844-532-5240	<a href="http://exceedenthealth.com/froedtert">exceedenthealth.com/froedtert</a>
	Medical Plan Provider Directory			
	MRA Administrator	Hausmann Group (HG)	1-866-913-4853 Fax: 262-574-5509	
Prescription Drug	Pharmacy Benefit Manager (Froedtert Health Staff)	MedImpact	1-844-863-0362	<a href="http://mp.medimpact.com/FDT">mp.medimpact.com/FDT</a>
	Pharmacy Benefit Manager (WDL Staff)	VertuRx	1-833-421-0179	<a href="http://verturx.rxclearinghouse.com">verturx.rxclearinghouse.com</a>
	Internal Pharmacies	Visit <a href="http://froedtert.com/locations">froedtert.com/locations</a> and choose Pharmacy as the Location Type to view pharmacy locations, contact information and hours of operation.		
Health Savings Account	HSA	HSA Bank	1-800-357-6246	<a href="http://hsabank.com">hsabank.com</a>
Dental	PPO Dental Plan	Delta Dental	1-800-236-3712	<a href="http://deltadentalwi.com">deltadentalwi.com</a>
	EPO Dental Plan			
Vision	Vision	National Vision Administrators (NVA)	1-800-672-7723	<a href="http://e-nva.com">e-nva.com</a>
Life and Accidental Death & Dismemberment (AD&D) Insurance	Basic Life, AD&D, Supplemental Life, Spousal and Child Life and Voluntary AD&D	Unum	1-800-445-0402	<a href="http://unum.com">unum.com</a>
Short- and Long-Term Disability	STD Basic Plan and LTD	Unum	1-866-229-5480	<a href="http://unum.com">unum.com</a>
Flexible Spending Accounts	Traditional Healthcare FSA and Dependent Day Care FSA	HealthEquity	1-877-924-3967	<a href="http://healthequity.com/wageworks">healthequity.com/wageworks</a>
Commuter Transit Account	Commuter Transit Account	HealthEquity	1-877-924-3967	<a href="http://healthequity.com/wageworks">healthequity.com/wageworks</a>
Employee Assistance Program	EAP	Spring Health	1-855-629-0554 (#2 for crisis support)	<a href="http://froedtert.springhealth.com">froedtert.springhealth.com</a>
Care@Work Benefit	Care@Work	Care.com	1-866-228-2967	Froedtert Health Staff: <a href="http://froedtert.care.com">froedtert.care.com</a> WDL Staff: <a href="http://wdl.care.com">wdl.care.com</a>
Tuition Reimbursement	Tuition Reimbursement (Froedtert Health Staff)	Edcor	1-833-251-1566	<a href="http://froedtert.tap.edcor.com">froedtert.tap.edcor.com</a>
	Tuition Reimbursement (WDL Staff)	WDL	1-414-805-7504	Email: <a href="mailto:rbesler@wisconsinidiagnostic.com">rbesler@wisconsinidiagnostic.com</a>
WeightWatchers	WeightWatchers	WeightWatchers	1-866-204-2885	<a href="http://ww.com/froedtert">ww.com/froedtert</a>
Voluntary Benefits	Voluntary Benefits and Discount Marketplace	BenefitHub	1-866-222-8789	<a href="http://froedtert.benefitHub.com">froedtert.benefitHub.com</a>
Retirement Plan	403(b) & 401(k)	Lincoln Financial Group	1-800-234-3500	Froedtert Health Staff: <a href="http://lfg.com/froedtert">lfg.com/froedtert</a> WDL Staff: <a href="http://lfg.com/wdl">lfg.com/wdl</a>
COBRA Administrator	COBRA	Hausmann Group (HG)	1-866-913-4853 Fax: 262-574-5509	
ALEX - Your Benefits Partner				<a href="http://myalex.com/froedtert">myalex.com/froedtert</a>
MyHR from Home				<a href="http://froedtert.com/hr">froedtert.com/hr</a>
HR and Benefits		HR Service Center	414-777-1999 Fax: 414-777-1998	Email: <a href="mailto:hr@froedtert.com">hr@froedtert.com</a> Website: <a href="http://benefits.froedtert.com">benefits.froedtert.com</a> Password: FHBen

# Benefit Resources

## Visit our benefits website.

Visit [benefits.froedtert.com](https://benefits.froedtert.com) (password: FHBen) to learn more about the benefits offered to you. From new hire forms to life events information, our benefits website has you covered no matter where you are.

## Talk to ALEX – your benefits partner.

Visit [myalex.com/froedtert](https://myalex.com/froedtert) to talk to ALEX and find the benefit plans that are just right for you and your family.

## Text FHBen to 414-777-1999.

Important updates texted to your phone! Text **FHBen** to **414-777-1999** to start receiving important updates today. Message and data rates may apply.

## Watch videos on our Vimeo channel.

Looking to learn more about your benefits? Visit [vimeo.com/fhben](https://vimeo.com/fhben) to watch quick and informational videos about the benefits offered to you.

## Bookmark your mobile wallet card.

Visit [mymobilewalletcard.com/froedtert](https://mymobilewalletcard.com/froedtert) for easy access to vendor contact information and group numbers.

View benefits information from home!



## Benefits related question?

Contact the HR Service Center.



### Office Hours

Monday - Friday  
7:30a - 4:00p



### Phone

414-777-1999



### Fax

414-777-1998



### Email

hr@froedtert.com