

## YOUR BENEFITS OVERVIEW

Eligibility  
How to Enroll  
Qualifying Life Event

## MANAGING YOUR HEALTH

Medical Plans  
Prescription Drugs  
Health Savings Account (HSA)  
Flexible Spending Accounts (FSAs)  
Wellness Resources  
Dental Plan  
Vision Plan

## PROTECTING & BUILDING YOUR WEALTH

Disability Plans  
Life and Accidental Death & Dismemberment (AD&D)  
Retirement Plan(s)

## BALANCING YOUR LIFE

>> **Employee Assistance Program (EAP)**  
>> **Health Advocate**  
>> **Care.com**  
>> **Additional Benefits**

## HELPFUL INFORMATION

Important Contact Information  
Required Notices



# Balancing Your Life

## Employee Assistance Program (EAP)

Simmons offers an Employee Assistance Program (EAP) through AllOne Health, which provides confidential counseling at no cost for a range of issues, including legal and financial advice, budget and debt counseling, emotional concerns, career guidance, and more. Our EAP also offers consumer services such as re-searching child care and elder care options.

Visit the [Benefits & Payroll Website](#) for details and the latest resources from AllOne Health.

Contact AllOne Health at [www.allonehealth.com](http://www.allonehealth.com) (username: simmons, password: employee) or call **800-451-1834**.

## Health Advocate

Health Advocate acts as a telephone-based health care support service for you and your eligible dependents to help you navigate the health care system and answer questions about how to manage your care, such as:

- Finding the right doctors and hospitals
- Scheduling appointments
- Coordinating benefits across different vendors
- Insurance claims and billing issues
- Obtaining services for your elderly parents

To contact Health Advocate, call **866-695-8622**, or go to [www.healthadvocate.com/members](http://www.healthadvocate.com/members) (when prompted, enter organization name: Simmons).

## Care.com

Simmons is offering a Care.com membership to benefits-eligible faculty and staff at no cost.

Care.com is a digital platform that allows you to manage all your family care needs from any device, 24/7. If you need help with child care, senior care, pet care, home care, or something in between, Care.com can connect you to the right people.

Care.com is the largest online network of caregivers.

### On this platform you'll find:

- Coverage for one-time and/or recurring needs
- Detailed profiles that highlight the provider's experience
- Background check options and safety tools
- Real-time payments via the app
- Household payroll and tax assistance

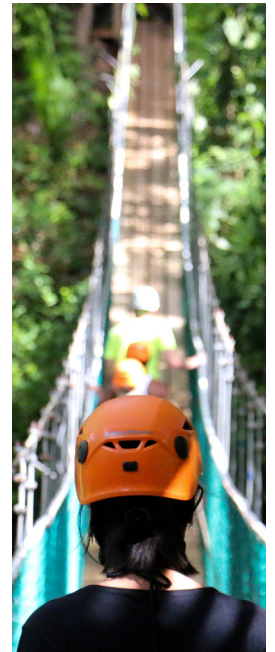
To enroll in this benefit, please register using your Simmons email address at [www.simmons.care.com](http://www.simmons.care.com).

## Additional Benefits

Simmons provides many other benefits, including:

- Generous paid time off with holidays, vacation, and winter break for staff \*
- Tuition benefits for you and your family
- Commuter benefits
- Discounts to movies, museums, and more
- Through BenefitHub, enjoy discounts, rewards, and perks from thousands of brands in a variety of categories like travel, shopping, restaurants, entertainment, pet insurance, and more.

To enroll, go to [simmons.benefithub.com](http://simmons.benefithub.com), enter the referral code 99Y61A, and complete the registration process.



\* Under the Massachusetts Earned Sick Time Law, we are required to provide up to 40 hours of paid or unpaid sick time per calendar year to employees.

Visit the [Benefits & Payroll Website](#) for more information or for more details on policies and guidelines.