



University of Alaska Benefits Quick Access Links

Benefits

- [UA Choice Health Plans](#) - PREMERA Blue Cross Blue Shield (Premium, Basic, HDHP)
 - Including the following additional programs:
 - [Telehealth](#)
 - Virtual Care:
 - [Doctor on Demand](#)
 - [24-hr Nurse Line](#)
 - [myCare Alaska](#)
 - Local Telehealth
 - Premera Mobile App ([Apple](#) / [Google](#))
 - Virtual Physical Therapy
 - [Omada](#)
 - [Mental/Behavioral Health:](#)
 - [TalkSpace](#)
 - [Brightline](#)
 - [Substance Use Disorder Care:](#)
 - BoulderCare
 - [Livongo](#)
 - Diabetes Care
 - Pre-Diabetes Support
 - Hypertension Care
 - Weight Management
 - [Pregnancy and Childbirth:](#)
 - [BestBeginnings](#) - Mobile App ([Apple](#) / [Google](#))
 - [Prenatal Care](#)
 - [Specialty Medication Coupon Program](#)
 - [Travel for Health Care](#)
 - [UA Choice Dental Plans](#) - PREMERA Blue Cross Blue Shield (Premium, Basic)
 - [UA Choice Vision Plan](#) - [VSP Vision Care](#)
 - [Flexible Spending Accounts](#) - [ASIFlex](#)
 - [Flexible Spending Account - Medical](#)
 - [Flexible Spending Account - Dependent Care](#)
 - [Flexible Spending Account - Limited Purpose](#)
 - [Health Savings Account](#) - [Bank of America](#)



- [UA Wellness Program](#)
- [Healthcare Concierge](#) (Support of Patient Advocacy and Price Transparency)
- [Voluntary Benefits - Corestream](#)
 - [Accident Insurance](#)
 - [Critical Illness Coverage](#)
 - [Hospital Indemnity](#)
 - [Identity Theft Protection](#)
 - [Legal Services](#)
 - [Pet Insurance](#)
- [UA Perks](#) (Special deals and discounts for all UA employees from Corestream)
- [Air / Ground Ambulance Insurance](#)
- [Life Insurance](#)
 - [Basic Coverage \(\\$100,000, UA Paid\)](#)
 - [Supplemental Life Insurance](#)
 - Self
 - Spouse
 - Child(ren)
 - Lifeworks (legal assistance, financial counseling, grief counseling)
- [Accidental Death and Dismemberment](#)
- [Employee Assistance Program](#) (ComPsych [Login](#))
 - Confidential Emotional Support (includes 8 sessions of short-term counseling)
 - Work/Life Solutions (includes child/elder care finder)
 - Legal Assistance
 - Financial Education
 - Online Support, Wellness Coaching, and Interactive Digital Tools
 - Mobile App ([Apple](#) / [Google](#))

Retirement

- [Retirement Benefits](#)
 - State of Alaska Teachers' Retirement System ([TRS](#))
 - State of Alaska Public Employees' Retirement System ([PERS](#))
 - University of Alaska Optional Retirement Plan ([ORP](#))
 - [University of Alaska Pension Plan](#)
 - [Voluntary 403\(b\)](#)
 - Tax-deferred Annuity
 - Roth
 - [Voluntary 457\(b\)](#) (executives only)



Educational Support

- [Tuition Waiver](#)
- [529 Plan](#)
- [LinkedIn Learning](#)

Leaves

- [Faculty Sabbatical](#)
- [Holidays](#)
 - 12 Systemwide Holidays
 - Personal Holiday (one per fiscal year)
- [Annual Leave](#)
- [Sick Leave](#)
- [Faculty Time Off](#)
- [Parental Leave](#)
- [Short-term Disability](#)
- [Long-term Disability](#)
- [Leave Share](#)
- [Jury Duty Leave](#)
- [Military Leave](#)