



CENTRAL MICHIGAN UNIVERSITY

BENEFITS AT A GLANCE

A resource for CMU staff employees

As a Central Michigan University benefit-eligible employee, you will receive a solid benefit package that offers a variety of choices. These benefits — combined with your pay — provide a compensation package that can be customized based on individual choice and personal preference.

The benefits explained within this brochure are for reference only and not a contract document. A complete description of the terms of the coverage — including exclusions and limitations — is provided in the CMU Choices Flexible Benefit Plan document and benefit-specific contracts, policies, certificates or summaries.



New Employee Enrollment

Benefits are available on the first day of employment. Newly hired benefit-eligible employees have 30 calendar days from their date of hire to enroll in CMU benefit plans.



Medical/Prescription Coverage

CMU offers multiple medical plans from which employees may select to help meet their needs. These plans are administered by Blue Cross Blue Shield through a Preferred Provider Organization — a network of doctors, hospitals and ancillary providers. In addition, CMU offers separate prescription drug coverage. Prescription drug enrollment is integrated with the medical plan elected and cannot be elected separately. CMU makes a substantial contribution toward an employee's medical coverage.



Dental Coverage

CMU's dental plan is administered by Guardian. There are two dental plan options: (1) core plan and (2) buy-up plan with orthodontic coverage. CMU pays a significant portion of the dental premium for the core plan.



Vision Coverage

The voluntary plan is provided through Vision Service Plan — (VSP) and two plan options are available. Coverage includes eye exams, standard and progressive lenses and frames, contact lenses — in lieu of glasses — and discounts for laser surgery.



Benefits + Wellness Resources

CMU cares about the health and wellness of its employees, which is why CMU partners with Health Advocate for employee solutions focused on healthcare management and improving well-being.

Enrollment Advocate

Can't decide what plan options to select? Call or email Health Advocate for decision support on what's best for you and your family.

Wellness and Wellness Coaching

Workshops, nutrition support, challenges and trackers designed to improve overall health. Can earn rewards up to \$400 each year for participating in well-being activities.

Chronic Care Solutions

Customized attention for chronic medical conditions that includes nurse coaching.

Employee Assistance Program (EAP)

Confidential personal and work/life support offered in-person and virtual, and a large online resource library. Available to employees, spouses, dependents, parents, and parents-in-law.

Quality Connect Provider Match

Find a high-quality doctor, hospital or other facility based on cost, patient satisfaction, network participation, and personal preferences.

Engagement 360

Receive help securing second opinions, medical decision support, claims and billing assistance, and more!



Life/Accidental Death & Dismemberment Insurance

Eligible employees are provided with group term life and accidental death and dismemberment — (AD&D) — insurance, based on employee group, at no cost. Optional coverage may be purchased to provide insurance for employees and eligible dependents. Evidence of good health may be required.



Disability Insurance

Short-term disability

Eligible employees may purchase voluntary short-term disability coverage. Short-term disability provides income protection for absence due to nonwork-related injury or illness. Two short-term disability plan options are available. After the 45-calendar-day waiting period, if approved, the benefits would continue up to 135 calendar days.

Long-term disability

Eligible employees are automatically enrolled in long-term disability coverage at no cost. Long-term disability is an income protection program that provides benefits after 180 days of disability.



Retirement Plans

CMU offers generous benefits to help employees build long-term savings and a source of income after retirement. The CMU retirement plan has two components: the Basic Plan and the Supplemental Plans.

Basic

CMU contributes 10% of eligible employee earnings to the employee's individual 403(b) Basic Retirement account. Employees are immediately vested, and no employee contribution is required to receive the 10%. This contribution is available to all half-time or greater benefit-eligible employees who are not eligible for the MPSERS retirement plan.

Supplemental

CMU offers two supplemental plans through which employees can defer an additional percentage of their earnings. Employees can contribute to a separate 403(b) and/or 457(b) Supplemental Plan, both of which accept pre-tax and Roth contributions. Eligible employees will be automatically enrolled in the Supplemental 403(b) Plan at a 3% contribution rate but have the option to opt out or change the contribution percentage.

CMU is an Equal Opportunity Employer and institution. CMU does not discriminate against persons based on age, color, disability, ethnicity, familial status, gender, gender expression, gender identity, genetic information, height, marital status, national origin, political persuasion, pregnancy, childbirth or related medical conditions, race, religion, sex, sex-based stereotypes, sexual orientation, transgender status, veteran status, or weight.



Paid Leaves

Eligible employees earn the following paid time off. Specific information can be found in the employee handbook or collective bargaining agreement.

- Legal holidays – six per calendar year: Independence Day, Labor Day, Thanksgiving Day, Christmas Day, New Year's Day and Memorial Day
- CMU-designated holidays – Day after Thanksgiving and the working days between Christmas Day and New Year's Day
- CMU-designated floating holiday – Christmas Eve
- Personal leave
- Sick leave
- Vacation
- Funeral leave



Tuition Benefit Program

Eligible employees can use the tuition benefit program for courses taken at CMU starting with the semester that begins after their date of hire. The number of credit hours is prorated based on appointment. The program provides tuition benefits for employees and their eligible dependents — up to the maximum credit hours. In some cases, tuition benefits may be reported as taxable income as defined by IRS regulations.



Flexible Spending Account Plan

Employees may choose to participate in the Flexible Spending Account — FSA — plan. Two accounts are available under this plan: Health Care FSA and Dependent Care FSA. FSAs allow employees to set aside pretax earnings for eligible expenses.



Additional Benefits

- Employee discount program through YouDecide.com
- Connect CMU Cellular Services offers exclusive rates on wireless plans, features and devices.



Contact the CMU
Benefits and Wellness Office

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