Benefits for UNH Adjunct Faculty and Staff Employees
A summary of benefits* available to adjunct employees at the University of New Hampshire

Please NOTE: These items listed are programs, opportunities or resources that you may access as an employee at UNH. Some of them may require enrollment fees or membership for access.

Cardiac Rehabilitation and Prevention Program

The Cardiac Rehabilitation and Prevention Program is an exercise program for cardiac patients. It is for anyone with coronary artery disease (CAD) or CAD risk factors, who wish to improve overall health and well-being. Exercise testing and prescriptions are developed and monitored according to an individual’s needs and goals. Each session costs $5. For more information, visit http://chhs.unh.edu/kin_es/exercise-science-outreach-1

Cat’s Cache

Cat's Cache is a debit account that can be requested to be encoded on your UNH photo ID card. There are no minimum or maximum balances, no setup fees, no monthly fees and no penalties for refunds. The account balance carries from semester to semester and year to year. Cat's Cache provides cashless access to products and services all over campus and at many local businesses and is available for anyone to use including students, faculty and staff. For more information, visit www.unh.edu/dining/payment/cats-cache.html.

Discounts

UNH Employees are eligible for many discounts with local and national businesses - including 20% off at the UNH Book Store. For a full listing, visit www.unh.edu/hr/employee-discounts.htm.

Employee Clinic

The UNH Employee Clinic is available to all USNH employees. It presents a convenient, cost-effective alternative for employees and their dependents (age 18 and older), and is often able to provide same day care. The Clinic provides medical care to treat infections, injuries, and acute health problems; offers laboratory, radiology, and pharmacy services; administers immunizations, allergy shots, and HIV Testing/Counseling; and provides complementary health services, such as massage therapy, light therapy, and biofeedback. The Employee Clinic is a participating provider with Harvard Pilgrim Health Care, Cigna, and Anthem health plans. Other

*as of 6/26/14
insurance plans can be billed. If services are not covered by insurance or you don't have insurance, you can pay with cash, check, credit card (Visa, MasterCard), or Cat's Cache. For more information about the employee clinic, visit www.unh.edu/health-services/employee-clinic/.

**Employee Fitness Program**

The Employee Fitness Program facility is a 3,600 square foot space located in the Field House Balcony overlooking the basketball court. It is run by the Kinesiology Department and provides a real world laboratory situation for graduate and undergraduate Kinesiology/Exercise Science students. Exercise equipment includes StarTrac treadmills and elliptical trainers, LifeFitness Exercise cycles, Schwinn AirDyne cycles, StairMaster step machines, Concept II rowers, Nautilus strength stations, and free weights and equipment. Access to this facility for employees is FREE. For more information, visit http://chhs.unh.edu/kin_es/exercise-science-outreach-3.

**Hamel Recreation Center - (operated by Campus Recreation)**

The Hamel Recreation Center operated by Campus Recreation, features 7,500 square feet of exercise equipment, sport courts, and fitness classes. The Hamel Recreation Center requires membership for employees to access. For information about becoming a Hamel Recreation member, visit http://campusrec.unh.edu. Campus Recreation also provides campus maps featuring walking and running routes, maintain the campus pools and athletic fields, and even provide equipment rentals to the UNH community.

**Health Services Resource Library**

The Resource Library at Health Services contains thousands of resources on health and wellness and is available to all current UNH students, faculty and staff. For more information, visit www.unh.edu/health-services/resource-library.

**ID Cards**

UNH Employee Photo ID cards are issued to Adjunct Faculty and Staff on a fiscal year (FY) basis for the period of their active, current position. ID cards are issued with a FY sticker placed on the front of the ID card, ex: FY14, FY15, etc. All initial adjunct employee photo ID cards are issued and obtained at the ID Office located on 1st floor of Holloway Commons. Subsequent years of continued employment require a new FY sticker to be placed on the employees photo

*as of 6/26/14*
ID in order for it to be considered current. Subsequent FY ID card stickers can be obtained at the HR office located at 18 Garrison Avenue or the HR office at 2 Leavitt Lane.

Library

With a UNH ID, faculty and staff are eligible to borrow materials including books, videos, DVDs, books on tape and to access electronic books, journals and databases from on and off campus. The UNH Library, (the main Dimond Library and the four science branch libraries) is an integral part of the educational and research activities of the students, faculty and staff of the University. For more information, visit www.library.unh.edu/.

Meal Plan

UNH Dining Halls aren't just for students! UNH employees are eligible for meal plans that offer exceptional value and convenience. When you request to purchase a meal plan, you can eat at any of UNH's convenient dining halls. Best yet, your meal plan can be paid for through payroll deduction. For more information, visit www.unh.edu/dining/plans/fac-staff.html.

Notary Public Services

Many UNH staff members have the authority and have expressed a willingness to notarize documents for students and other members of the University community at no charge. For more information, visit www.unh.edu/hr/notary.htm.

Peripheral Artery Disease Exercise Program

The Peripheral Artery Disease Exercise Program is for individuals with a clinical diagnosis of peripheral artery disease (PAD). It is for anyone with this condition who wishes to improve overall health and well-being through exercise and education about lifestyle modification for the improvement of symptoms usually felt with normal activities of daily living. For more information, visit http://chhs.unh.edu/kin_es/unh-peripheral-artery-disease-exercise-program.

Retirement Plan

USNH 403(b) Retirement Plan is available to provide the opportunity to save for retirement on a tax-advantaged basis and to provide additional income for retirement. For more information, visit http://usnh.edu/hr/benefits_non-status-employees.html.

*as of 6/26/14
Swasey Indoor Pool

The Henry "Hank" C. Swasey Indoor Pool, located in the Field House, was dedicated in 1969 and consists of an 8 lane competitive lap pool ranging in depth from 4.5 to 13.5 feet with 1 and 3 meter spring boards. Spectator area holds up to 610 people in bleacher seating with an additional 232 people on deck level including handicap viewing area. Daily passes and memberships are available to purchase (separate from Hamel Recreation Center Memberships). For more information, visit [http://campusrec.unh.edu/swasey-indoor-pool](http://campusrec.unh.edu/swasey-indoor-pool)

Wildcat Transit

Wildcat Transit is owned and operated by the University of New Hampshire. We operate a fixed route bus service serving Durham, Dover, Madbury, Newington, Portsmouth, and Newmarket. We also operate a Campus Connector system on the university campus. All routes are open to the public but UNH Employees ride free by showing an valid, current UNH ID. For more information, visit [www.unh.edu/transportation/wildcat/index.htm](http://www.unh.edu/transportation/wildcat/index.htm).

For more information about benefits at the University of New Hampshire, contact your HR Partner by visiting [www.unh.edu/hr/partners.htm](http://www.unh.edu/hr/partners.htm).

*as of 6/26/14*