WELL-BEING FOR LIFE



NDHR

TOTAL REWARDS: 2024 OVERVIEW

for Adjunct Faculty and Guest Faculty





Financial







Emotional

Physical

Social





PROGRAM	WHO PAYS	EFFECTIVE	DESCRIPTION
UND 403(b) Retirement Plan	Faculty		Fidelity Investments is the provider of recordkeeping services. There are 13 investment options including Target Date Funds, core and specialty funds.
(Voluntary Contributions)	The amount of contributions permitted is determined by IRS regulations.	your active employment).	Contributions can be made on a pre- tax or Roth post-tax basis.
	Contributions are made by Faculty through payroll deduction.		Participation is voluntary but encouraged as an opportunity to save for retirement.
Calm App Premium	University	The first day of the month following	Calm is an app that provides tools to help users relax, focus and rest, offering
Subscription		your date of hire.	guided sessions on sleep, meditation and relaxation.
Athletic Tickets and Parking	University	Upon employment.	Season tickets may be purchased for home football, basketball, and hockey games subject to availability. Free parking at all athletic and Joyce Center events.
Availability of Athletic Facilities	University	Upon employment.	These include handball, squash, basketball and tennis courts, running track, swimming pool, fitness and weight rooms.
Golf Courses	University	Upon employment.	Discount on greens fees.

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This is a general summary of benefits. It does not replace the legal plan documents or contracts for each of the benefit plans and should not, in any way, be considered a legal contract or guarantee of coverage.

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