### Medical

**BlueCross BlueShield of North Carolina**

Wake Forest University offers two medical plan options:
- **Low Plan**: lower premiums, with a larger deductible and out-of-pocket maximum.
- **High Plan**: higher premiums, with a lower deductible and out-of-pocket maximum.

Both are Preferred Provider Organization (PPO) plans and offer prescription drug coverage and behavioral health coverage.

### Dental

**ACS Benefit Services**

Wake Forest University offers two dental plan options:
- **Low Plan**: lower premiums, basic coverage.
- **High Plan**: higher premiums, additional coverage.

These options provide different levels of coverage. Both plans cover preventive and basic services, but only the High Plan offers coverage for major services and orthodontia.

### Vision

**Superior Vision**

Wake Forest offers benefits-eligible faculty, staff, and dependents a voluntary vision plan that provides coverage for lenses, frames, and contact lenses through Superior Vision. Eye exam coverage is available through the medical plan. Faculty and staff who elect this plan pay the full premium cost at group rates through a pre-tax payroll deduction.

### Flexible Spending

**Stanley, Hunt, Dupree & Rhine**

You may use Flexible Spending Accounts (FSAs) to set aside money through pre-tax payroll deductions to cover qualified expenses. Wake Forest University offers two types of (FSAs):
- **Health Care FSA**: allows you to set aside pre-tax money to pay for eligible health care expenses that are not covered by the medical, dental, and vision plans.
- **Dependent Care FSA**: allows you to set aside pre-tax money to pay for eligible dependent care expenses.

### Education

**Tuition Concession**

Wake Forest University offers tuition reduction benefits for eligible faculty, staff, dependent children, and spouses to attend Wake Forest University. Eligible faculty, staff, and dependent children may also attend other institutions.

**College Savings**

North Carolina's National College Savings Program enables you to set aside money for qualified higher education expenses at Wake Forest University or other institutions.

### Retirement

**TIAA**

You may set aside money from your pay on a pre- and/or post-tax basis immediately upon employment.

After meeting eligibility criteria, Wake Forest will contribute:
- 5% of regular salary, if greater than two, but less than or equal to five years of service.
- 7.5% of regular salary if greater than five, but less than or equal to 10 years of service.
- 10% of regular salary, if greater than 10 years of service.
**LEGAL**

**ARAG Group**
Wake Forest University offers two legal plans: the Low Plan and the High Plan.

Legal insurance provides assistance with a wide range of situations such as resolving traffic tickets, resolving warranty issues, buying a home, and creating a will. You will receive legal advice and representation that is 100% paid-in-full for most covered legal matters when you work with a credentialed ARAG Network Attorney.

**DISABILITY**

**Short-term Disability**
Provides salary continuation at 60% of base pay during periods of prolonged illness or injury.

**Long-term Disability through Cigna**
Provides a benefit equivalent to 60% of your pre-disability earnings, up to a $10,000 per month maximum.

**Workers’ Compensation**
All faculty, staff, and working students are covered under the North Carolina Workers’ Compensation Act.

**SUPPLEMENTAL**

**Supplemental Insurance**
Accident, Specified Health Event, and Cancer Plans offered through Aflac.

**Basic Life and AD&D through Cigna**
Employer paid benefit if your accidental death or dismemberment occurs while you are employed at the University.

**Voluntary Life, Dependent Life and AD&D through Cigna**
Life and AD&D coverage, up to your retirement or termination of employment, as well as voluntary dependent life that covers a spouse and/or dependent child(ren) in the event of their death.

**TIME OFF**

**Paid Time Off**
Exempt staff*
- Less than 5 years = 25 days
- 5 or more, but less than 10 = 30 days
- 10 or more = 35 days

Non-exempt staff*
- Less than 3 years = 20 days
- 3 or more, but less than 10 = 25 days
- 10 or more, but less than 20 = 30 days
- 20 or more = 35 days

*PTO rates may vary.

**Parental Leave**
Wake Forest University offers eligible staff up to six weeks of base salary continuation following the birth or adoption of a child.

**SUPPORT**

Benefits-eligible faculty and staff have access to the following support and referral services:
- Health Advocacy Services through Cigna, the University’s Basic Life Plan provider
- Employee Assistance Program (EAP)
- The Healthy Exercise and Lifestyle Programs (HELPs)
- Elder Care Choices
- Work Family Resource Center
- Tobacco Cessation

**WAKE PERKS**

Wake Forest University collaborates with suppliers to provide discounted rates on a variety of products and services, such as:
- Air and group travel
- Car rentals
- Mobile phones
- Computers and electronics
- Entertainment
- Food
- Hotels and lodging
- Merchandise
- Relocation, moving, and storage services