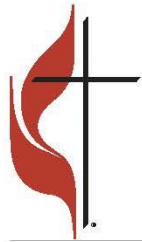


The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern, with a focus on the central text.

Be Well Committee Baltimore-Washington Conference

Panel Discussion on Wellness
HealthFlex Summit ~ September 2018



BENEFITS INSIGHT

Baltimore-Washington Conference

HR AND BENEFITS INSIGHT FROM THE BALTIMORE-WASHINGTON CONFERENCE

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www.bwcumc.org

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EAP SERVICES:

- ACTIVE LIFESTYLE
- CAREER & WORKPLACE
- CAREGIVING
- MILITARY & VETERANS
- PARENTING
- PETS
- RELATIONSHIPS
- SCHOOL & EDUCATION
- WELL-BEING
- MENTAL HEALTH
- PHYSICAL HEALTH
- RECOVERY & RESILIENCY
- SUBSTANCE USE/ ADDICTION
- BUDGETING
- CREDIT & DEBT
- ESTATE PLANNING
- FINANCIAL FITNESS
- ID THEFT
- INSURANCE
- LEGAL ASSISTANCE
- SAVING & INVESTING
- RETIREMENT PLANNING
- ABUSE
- DISASTER PLANNING & RECOVERY
- FINANCIAL RELIEF
- HELPING A LOVED ONE WITH A MENTAL HEALTH CRISIS
- HOSPITALIZATION
- HOUSING
- SUICIDE PREVENTION

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Your well-being is what matters most

USE THE EMPLOYEE ASSISTANCE PROGRAM (EAP) TO ADDRESS A VARIETY OF ISSUES RELATED TO WORK

The challenges you face each day can lead to stressful feelings. At times, such feelings may overwhelm you. Your home life, your happiness and your performance at work all can suffer. We can help. Your Employee Assistance Program (EAP) and Behavioral Health Benefit is designed to provide confidential support for those everyday challenges or more serious problems, and it's available around the clock – anytime you need it.



There was a time in my life when I thought seeking help was a sign of weakness. I don't think that anymore. Anyone can use a little help sometimes.

– United Methodist clergy person



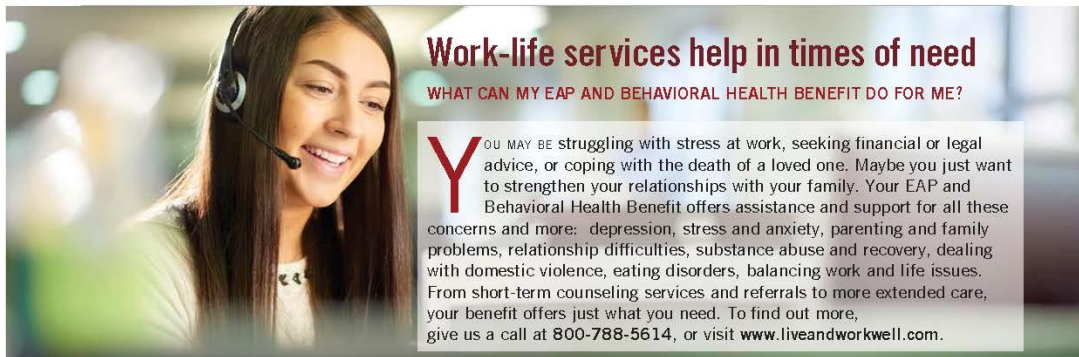
Take Action:

1. Log in to your HealthFlex/WebMD page, click HealthFlex Partners, click EAP.
2. Call 800-788-5614 for assistance choosing a provider/clinician and to get an authorization.
3. Visit www.liveandworkwell.com, Access code: HealthFlex



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WHAT CAN MY EAP AND BEHAVIORAL HEALTH BENEFIT DO FOR ME?

YOU MAY BE struggling with stress at work, seeking financial or legal advice, or coping with the death of a loved one. Maybe you just want to strengthen your relationships with your family. Your EAP and Behavioral Health Benefit offers assistance and support for all these concerns and more: depression, stress and anxiety, parenting and family problems, relationship difficulties, substance abuse and recovery, dealing with domestic violence, eating disorders, balancing work and life issues. From short-term counseling services and referrals to more extended care, your benefit offers just what you need. To find out more, give us a call at 800-788-5614, or visit www.liveandworkwell.com.



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BE WELL COMMITTEE













Surprise!

The Be Well Committee (BWC) has just gifted you

50 Be Well Points (BWPs)

to be added to your Virgin Pulse program.

Just enter the code below:

We hope you are surprised and delighted by these BWPs. You may choose to keep them, or give them to someone else you think is deserving! After all, social wellness is one of the five areas of well-being*.

From the Be Well Committee, BE WELL!

To enter your BWP code, log into your Virgin Pulse account. Click anywhere on the status bar at the top. Click “redeem a voucher,” enter your voucher code, and submit.

*financial, social, physical, nutritional, spiritual

