For Health Plan Enrollees

Airrosti

Treat musculoskeletal (MSK) pain and injuries with noninvasive care. EPO and Choice plan members pay a $20 copay per visit (up to 12 visits per year). HDHP members pay the full discounted rate until they meet their annual deductible. Learn more at www.airrosti.com or call 800-404-6050.

Livongo

Manage your diabetes with confidence through personalized support and resources tailored to your unique health needs. Receive a free meter, test strips, and one-on-one coaching to help you stay on track. Get started at join.livongo.com/methodist/register.

Maven Maternity Support Program

Get 24/7, virtual support to help you and your loved ones navigate pregnancy, postpartum, and more with Maven. Learn from award-winning specialists through articles, videos, and online classes. Connect today at www.Mavenclinic.com/join/uhc-support.

Methodist Alliance for Patients and Physicians

MAP² is a free program that helps you navigate your healthcare and your covered dependents' healthcare with confidence. Connect with a dedicated Care Navigator who can help you find providers, answer prescription questions, and coordinate care. To learn more or enroll, email Map2@mhd.com or call 214-947-2846.

Premium Insurance Discount

Earn discounted medical premium rates on your chosen MHS medical plan by completing the required Annual Wellness Program activities. Those who do not complete these activities will incur a wellness surcharge. For any questions, email Wellness@mhd.com.

Talkspace

Prioritize your mental well-being with convenient, confidential online therapy and mental health support. Your cost to speak with a licensed therapist is based upon your medical plan design. Explore your benefits at www.Talkspace.com/connect.

Methodist HEALTH SYSTEM

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Well-Being Resources

For All MHS Employees

BEN Fund

Find financial relief with help from the BEN Fund, an emergency financial assistance program for MHS employees who are in short-term financial crisis. Refer to the **benefits microsite** or MHS Pulse for more information.

Bright Horizons

Balance work and family life with access to discounts on childcare and eldercare, school break programs and camps, and education benefits to help you and your family thrive. Visit **clients.brighthorizons.com/methodisthealthsystem** to learn more.

Calm Health App

Learn how to relax, build healthy habits, meditate, and live more mindfully with free access to the Calm Health app. Its tools, guided sessions, and resources can help you build coping skills and the groundedness to tackle life's challenges. To get started, go to **liveandworkwell.com**

Emotional Well-being Solutions (EWS)

Explore free resources to help you navigate life's challenges, including legal expertise, financial guidance, and more. You and each family member are entitled to six free coaching or counseling sessions per topic each year. To get started, visit: **www.liveandworkwell.com** and use the code Methodist123 or call 855-567-1374.

Fidelity

Manage everyday finances or plan for your retirement with strategy services, free webinars, and personalized resources to support your goals. Get started at **getguidance.fidelity.com** or call 800-343-0860.

Hope Group

Receive confidential support and guidance for addiction and substance use challenges. Join us Thursdays at 6:30 a.m. via Zoom, meeting ID: 335 461 1783 or call 214-947-2470.

MHS Wellness Coaching

Free well-being coaching is available for employees and dependents age 18+. Contact **Wellness@mhd.com** for more information.

MHS Pastoral Services

Chaplains provide free, confidential support and guidance to employees across all Methodist campuses. Call 214-947-2470 to listen to weekly devotional calls or find campus-specific information.

One Pass Select

Discover new ways to move and thrive with One Pass Select. Access gyms, fitness studios, online workouts, and more through this flexible, employee-paid subscription. Sign up at **www.onepassselect.com** using your UHC member ID or Social Security number.

MHS Cares offers the following resources at no cost to employees:

- Critical Incident Stress Management (CISM) — After a traumatic event, receive confidential support and resources from a trained MHS employee.
  For questions or requests, call 214-947-2470, email **MHSCARES@mhd.com**, or reach out to your campus contact.
- Ambassador program
- Monthly webinars
- Tea time rounding

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