





YOUR WELL-BEING

Supporting a whole life, a whole you!

You are committed to improving our patients' lives every day. We want to do the same for you. That's why we offer valuable health and well-being programs designed to empower you to live well today and help you plan for the future.

Program	Details
<p data-bbox="105 1249 251 1270">Virgin Pulse</p>  <p data-bbox="89 1470 300 1564"><i>Learn how to Live Healthy. Have Fun. Get Rewarded.</i></p> 	<p data-bbox="365 1249 1502 1375">We cannot exist without our caregivers and their supportive families. You are the core of our ministry, and we want to support you in living healthier, happier and more fulfilling lives — both at work and at home. That's why we continually strive to provide you with a best-in-class wellness program as part of your overall benefits package.</p> <p data-bbox="365 1396 1502 1491">Virgin Pulse administers our well-being program and keeps you engaged all year long by offering rewards for making healthy decisions and reaching your goals. Although participation is completely voluntary, you are encouraged to take full advantage of this enhanced program that inspires health, fun and overall well-being.</p> <p data-bbox="365 1512 1502 1575">You can earn up to \$600 for taking small steps toward your overall health in 2023. Your covered spouse/LDA (if applicable) can earn up to \$400*.</p> <ul data-bbox="381 1596 1502 1785" style="list-style-type: none">• Both you and your covered spouse/LDA can earn \$200 in your HRA by completing a Health Screening and completing an online Health Check Survey.• You can earn points to accumulate up to \$100 in Pulse Cash each quarter (up to \$400 per year) and your covered spouse/LDA can earn points to accumulate up to \$50 in Pulse Cash each quarter (up to \$200 per year). Pulse Cash can be used any time toward gift cards, purchases from the Virgin Pulse online store or even donations to charity! <p data-bbox="365 1806 1412 1869">If you haven't already joined your colleagues enrolled in the program, get started today by visiting www.join.virginpulse.com/sclhealth!</p>

**Per IRS regulations, Pulse Cash is considered income and will be taxed accordingly through payroll when earned.*

Program

Details

QuitLine

Quitting tobacco isn't just good for your health – it's good for your wallet too. You can avoid paying a tobacco-use surcharge on your medical premiums by going tobacco free! Need help getting there? Our QuitLine program provides you with guidance and support to quit tobacco at no cost to you. Coaches are available 5 a.m. to 11 p.m. MT seven days a week to help you get started and stay motivated.

To access the program or learn more, call 888-543-1506 or visit sclhealthquitline.quitlogix.org.

Omada®

We strive to connect you with meaningful tools that support you in achieving your goals and living your best life. If you are enrolled in one of our medical plans and are looking for coaching and inspiration to help you lose weight, build long-term healthy habits and reduce your risk for chronic diseases like diabetes and high blood pressure, why not give Omada a try?

Since inception in 2019, participants have lost a combined 13,609 pounds with Omada.

As an added incentive, we will contribute \$100 to your HRA when you achieve your first 5% weight loss. For more information and to find out if you qualify, just take Omada's one-minute health screening questionnaire at www.omadahealth.com/sclhealth.

Employee Assistance Program (EAP) – Intermountain Health

The Intermountain EAP is your partner in living a life filled with energy, strength, and vitality. Taking care of your mental health is as essential to your well-being as taking care of your physical health: creating positive relationships at home and work, effectively managing stress, and thriving during times of change.

- Regardless of your medical plan enrollment, you and your spouse/partner and dependents ages 6-26 can access the EAP services through Intermountain Health 24/7/365.
- Your EAP provides confidential counseling and support on issues that affect well-being, health or work performance, such as depression, stress, PTSD, relationships, and parenting.
- Free, brief, confidential counseling sessions per incident.
- Masters level certified clinicians with specializations in many areas, including trauma, EMDR, eating disorders, bereavement, LGBTQ population, mindfulness, life adjustment, and meditation
- Legal assistance for help hiring an attorney and forms, such as advance directives, beneficiary worksheet, childcare instructions, executor's checklist and power of attorney for finances/real estate and wills
- Financial well-being such as estate planning, getting your affairs in order, help searching for a certified financial planner, financial calculators, financial basics handbook and loan comparison worksheet

As part of your Intermountain EAP line-up, there is a program called Care Coach. A Care Coach is an elder care professional who can work with individuals or families to assess their elder's needs and preferences, discuss care scenarios as a group, and establish a care plan agreeable to everyone.

We're only one phone call away. Contact us today to get started.

Call us at 800-832-7733



Scan the QR code to add Intermountain EAP's contact information to your phone.

Financial Well-being

Need assistance with your 401(k)?
Your T. Rowe Price Retirement Planning Team offers confidential consultations — a complimentary service provided to you as a caregiver.

Contact T. Rowe Price at 800-922-9945 to schedule your one-on-one appointment.

It can be stressful juggling multiple financial priorities while also planning for the future. Managing your money is personal and it can impact everything — including your physical health and emotional well-being.

We're here to help. To learn more about the useful tools and valuable resources available to you and your family, visit www.sclhealthbenefits.org/financial-wellness.

Program

Details

WorkLife Partnership

We partner with WorkLife Partnership to support our caregivers in overcoming difficult challenges, because we know that life happens. This free, confidential service is available to all caregivers and can connect you with support and resources in your community to help with:

- Finding resources for affordable childcare
- Support with transportation
- Budgeting and financial wellness
- Understanding medical benefits and how to use them
- Accessing resources to find affordable housing
- Utility bill assistance
- Free or low-cost meals for children
- Connecting with behavioral health resources
- Support with stress management
- Accessing food pantries
- And much more!

Our WorkLife Partnership Resource Navigator, Maria Pearson, can connect Monday - Friday from 8:00 a.m. to 5:00 p.m. MT via phone, text, email or video chat. Simply call 303-589-7412, text "Navigator" to 888-219-8993 or email mpearson@worklifecolorado.org. If you require assistance between 6:00 a.m. and 8:00 a.m MT or 5:00 p.m. and 7:00 p.m. MT, you may contact WorkLife Partnership staff at 888-219-8993.

"I can't put into words how much WorkLife Partnership means to me. They really care, help me stay calm and connect me with the resources I need to find peace of mind."

