

Health and Well-being Resources from one of 2023 and 2024's 100 Healthiest Workplaces

Holy Cross

We want you and your family to be as healthy as you can be and get the support you need. There are many resources available to you.*

Employee Assistance Program (EAP)



As a Holy Cross employee, [KGA \(My.KGALifeservices.com - company code: holycross\)](https://www.kgalifeservices.com), offers you confidential assistance related to a variety of issues. Services available include short-term counseling, financial guidance, grief support, financial stress, and other work and personal issues. You can also call KGA at [800-648-9557](tel:800-648-9557). Look on our [Benefits and Wellness webpage](#) for more information.

Care with a Participating Provider



Your health plan gives you access to mental health and substance abuse providers, including individual sessions with social workers, psychologists, psychiatrists, and group therapy. If you receive healthcare coverage through our school, visit www.harvardpilgrim.org and click on "Find a provider." Start your search by logging into your online account or search without logging in. You'll then search by the type of specialty (e.g., Psychiatry, Mental Health Counselor, etc.).

Doctor on Demand – Telehealth Visits



With this virtual care option, you can access routine behavioral health support for many issues such as depression, relationship issues, workplace stress, social anxiety, addiction, trauma, and loss. Get details and set up an account at www.doctorondemand.com.

Virtual Therapy Options



- Visit member.ableto.com/harvardpilgrim for more information about this 8-week program or 24/7 self-care resource.
- Grow Therapy provides virtual therapy and medication management for all ages. Get started at growtherapy.com.
- Autism Care Partners has numerous services and therapies for children (in the Northeast) with autism and other developmental differences. Visit autismcarepartners.com to learn more.

DetecTogether Workplace Well-being Program



This online program offers short video courses to help you with early cancer detection. Available at no cost to employees and family members, DetecTogether provides education to help you be an active partner in your healthcare. Visit workplace.detecttogether.org/my-account. (Group ID: 26310 and Group Name: College of the Holy Cross)

Contact Human Resources: 508-793-3391, Smith 101, or hrcbenefits@holycross.edu for more information.

Help is just a phone call away

Harvard Pilgrim's specially trained service navigators provide personalized help to navigate the complex healthcare system, locate providers, connect to internal supports and programs, and learn more about the tools and services available to you and your covered family members. This "whole-person" care approach can help you access the right kind of services and support. Call the number on the back of your Harvard Pilgrim ID card for assistance.

Your health and well-being should be your top priority. If you're experiencing a crisis or emergency, you should always call 911 or immediately go to the nearest emergency facility.

*Cost sharing varies. Please refer to your plan documents for details.

More Resources to Help You Save Money and Be Well

Rx Cost-saving Opportunities: PillarRx may save you significant copay costs if you take a specialty medication. If your medication is eligible for a manufacturer's copay assistance, PillarRx will contact you to help you enroll. These programs can help you reduce—and in some cases eliminate—your out-of-pocket costs associated with high-cost specialty drugs.



Enhanced Wellness Reimbursements

Each employee enrolled in an HPHC medical plan could receive a \$150 reimbursement (up to \$300 max per family) for qualified fitness activity fees. Activity fees eligible for reimbursement also now include certain nutrition and mindfulness programs.

<https://www.harvardpilgrim.org/member/discounts-savings/fitness-reimbursement>

Virtual Fitness and Mindfulness Sessions

- **NEW: Strength Training:** 30 minutes and weights are optional. Tuesdays and Thursdays 7:30-8 a.m. ET <https://uso2web.zoom.us/j/85306107926>
- **Yoga Classes:** Accessible to all fitness levels. Mondays and Wednesdays, 5:15-6:15 p.m. ET uso2web.zoom.us/j/528276681.
- **Zumba Classes** Dance like nobody's watching! Tuesdays and Thursdays, 5:15-6:15 p.m. ET uso2web.zoom.us/j/959837402.
- **Mindfulness Sessions** Experiment with short bursts of instruction, followed by mini-meditations, led by a team of expert instructors. Join live sessions weekly or access past sessions any time by visiting the [Mind the Moment YouTube Channel](#).



Living Well Platform

Define your vision of well-being. Participate in informative, fun, and interactive activities to earn rewards for the eligible activities you complete -- **up to \$120** for completing eligible activities on the platform (also available for covered spouses). If you're not an HPHC member, you can still participate for raffle prizes. <https://www.harvardpilgrim.org/public/living-well-everyday>

The Daily Burn

HPHC members have access to a 30-day free trial, followed by 25% off monthly fees, for the Daily Burn virtual health and fitness program featuring 2,500+ videos and audio-based classes on a variety of fitness and nutrition programs.

<https://dailyburn.com/harvard?partner=harvard>

Harvard Square Financial

Benefits-eligible faculty and staff have access to no-cost financial and investment guidance through **Harvard Square Financial Planning, LLC**. They help you to understand your financial situation and make practical, well-informed decisions. To receive a personalized plan, including retirement planning, affording life transitions, managing cash flow, and investing wisely, contact Mary Koenig, CFP, at 781.652.8862 or mary@harvardsquarefinancial.com.

Healthcare Guidance with KnovaSolutions

KnovaSolutions is a confidential, no-cost health support program available to benefits-eligible employees and family members. Medical professionals can offer advice on important healthcare decisions like what does my diagnosis mean or how do I get a second opinion? Call 800.355.0885 or email contactknovasolutions@workpartners.com.

**Questions on
Harvard Pilgrim's offerings?**
Reach out to our on-site Wellbeing Advisor,
Sarah Kurtzman, at
Sarah.Kurtzman@point32health.org

