



BeWell @ Holy Cross

Looking for support? Resources for your mental health and well-being are closer than you think.

Recognizing that today's world has more pressures than ever, it is important to know you have help available in different ways. We want to support you, and your family members, as much as possible. Here are some of the resources you can access.



Employee Assistance Program (EAP)

As a Holy Cross employee, **KGA** 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. Look on our **Benefits and Wellness webpage** for more information or contact hrbenefits@holycross.edu.



Care with a Participating Provider

Through your health plan, you have access to mental health and substance abuse providers, including individual sessions from social workers, psychologists, and psychiatrists, as well as group therapy. If you receive healthcare coverage through our school, visit www.harvardpilgrim.org and click on "Find a provider." Click "Behavioral Health," then select the type of behavioral health provider (e.g., Psychiatry or Mental Health Counselor).

24/7 Support is Available

For non-emergent, routine behavioral health treatment issues, please contact your behavioral health provider. If you have more urgent questions about finding treatment or a behavioral health provider, please call the Behavioral Health Access Center at **(888) 777-4742**. Licensed care advocates answer calls around the clock, seven days a week.



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.



Same-day Virtual Care Access with Talkspace

This digital therapy service, available through an arrangement that Harvard Pilgrim has on members' behalf, lets you connect to a licensed therapist in your state via online secured digital messaging. Talkspace offers a convenient way to access outpatient therapy. Visit www.talkspace.com/connect to get started.



Online Support through the Sanvello App

Through your health plan's partnership with Optum, you have access to the Sanvello mobile app. You have access to self-care, peer support, coaching, and therapy for symptoms such as stress, anxiety, and depression. You can access the app by downloading it or visiting www.liveandworkwell.com. To browse as a guest, use the access code: **HPHC**.

Your health and well-being should be your top priority. As always, if you are experiencing a crisis or emergency, you should always call 911 or go to the nearest emergency facility right away.

NEW! Use MyHealthMath to reduce the stress of choosing which health plan option is right for you. This new Decision Doc tool helps you compare your plan options so you can determine the best-value health plan for your personal needs. It's confidential and takes just a few minutes. Learn more in our **2022 Benefits Guide** or visit **Decision Doc (myhealthmath.com)** to access the tool directly.



Harvard Pilgrim
HealthCare

BeWell @ Holy Cross
Employee Wellness

Fall 2022



Virtual Fitness and Mindfulness Sessions

Yoga Classes Breathe in, breathe out, and stretch it out with a relaxing yoga practice. Accessible to all fitness levels. Mondays and Wednesdays, 5:15-6:15 p.m. ET us02web.zoom.us/j/528276681.

Zumba Classes Dance like nobody's watching! Zumba classes will be the most fun you've ever had working out. Tuesdays and Thursdays, 5:15-6:15 p.m. ET us02web.zoom.us/j/959837402.

Mindfulness Sessions Experiment with short bursts of mindfulness instruction, followed by mini meditations, led by a team of expert instructors. You can join live sessions weekly or access past sessions any time by visiting the [Mind the Moment YouTube Channel](#).



Living Well Platform (through Limeade)

Define your own vision of wellbeing through our Living Well Platform. Participate in a variety of informative, fun, and interactive activities, and earn rewards for the eligible activities you complete! You can earn up to \$120 for completing eligible activities on the Living Well 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>



Fitness and Weight Management Reimbursements

With Harvard Pilgrim's fitness reimbursement program, we'll reward you and your family for making your health a priority! Applies to fees you pay toward a fitness facility, fitness classes, or other qualified membership. \$150 per covered member (\$300 max) when you complete a qualified fitness activity and \$150 per calendar year when you participate in an eligible weight management program <https://www.harvardpilgrim.org/member/discounts-savings/fitness-reimbursement>



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 with over 2,500 curated videos and audio-based classes on a variety of fitness and nutrition programs. Includes total-body workouts, barre, kickboxing, prenatal, meditation, strength, and Pilates training as well the ability to chat directly with trainers and other Daily Burn members.



Harvard Square Financial

All benefits-eligible faculty and staff have access to no-cost financial and investment guidance through [Harvard Square Financial Planning, LLC](#), who help members of the academic community understand their financial situations and make practical, well-informed decisions. Receive a personalized plan for a variety of areas, including: retirement planning, affording life transitions, managing cash flow, investing wisely To make an appointment with Harvard Square Financial Planning, contact Mary Koenig, CFP, at [781.652.8862](tel:781.652.8862) or mary@harvardsquarefinancial.com.



Healthcare Guidance with Knova Solutions

KnovaSolutions is a confidential, no-cost health support program available to benefits-eligible employees and family members at the College—with medical professionals available to offer advice with important healthcare decisions. Get help with questions like: What does my diagnosis mean? How do I get a second opinion? What are the risks and benefits of this surgery? What lifestyle changes will improve my health? Contact anytime by calling [800.355.0885](tel:800.355.0885) or emailing contactknovasolutions@workpartners.com.

Reach out to our on-site Health Education Specialist, Sarah Kurtzman, at
Sarah.Kurtzman@point32health.org