



TRANSFORMING HOLY CROSS' VISION FOR CAMPUS WELLBEING

Making it easy for employees to access resources available to you and your family members



2023

HEALTHIEST 100™

scored by Springbuk

Human Resources (508)793-3391

In support of our World-Class Workforce pillar and ASPIRE, this Institutional Report for Wellness was created to make it easy for employees to understand and access the many resources we provide to support health and well-being. Our offerings also enable us to attract, and retain a workforce that enables the College's overall excellence.

Resources from Harvard Pilgrim Health Care – no additional cost to plan members

Medical and Behavioral

- **Behavioral Health Page:** harvardpilgrim.org/public/behavioral-health
- **AbleTo (Virtual Therapy):** harvardpilgrim.org/public/ableto*
- **Valera Health (Virtual Therapy and Care for Massachusetts Residents):** valerahealth.com/consult*
- **Support for Coordinating Care (Care Management):** harvardpilgrim.org/public/care-management-programs*
- **Doctor on Demand (Telehealth):** harvardpilgrim.org/public/telehealth*
- **Ovia (Supporting Reproductive Health):** harvardpilgrim.org/public/ovia-health*

Health and Wellness

- **Living Well at Home (Virtual Wellness and Mindfulness Classes):** harvardpilgrim.org/livingwellathome
- **Health Topics A-Z:** www.healthwise.net/harvardpilgrim/
- **Enhanced Fitness Reimbursement:** harvardpilgrim.org/public/discounts-savings/fitness-reimbursement*

More Resources Available Through the College – provided by the College at no cost to you

Early Cancer Detection

- **DetecTogether Online Program:** workplace.detecttogether.org/my-account. (Group ID: 26310 and Group Name: College of the Holy Cross)

Financial Well-Being

- **Harvard Square Financial Planning, LLC (financial and retirement guidance):** Mary Koenig, CFP, at **781.652.8862** or mary@harvardsquarefinancial.com.
- **Fidelity** – Matthew Toedt and Derek Cunningham are licensed financial professionals with years of experience helping people plan for their financial future. [Schedule an appointment](#)
- **Identity Theft & Travel Assistance:** ID-theft protection services and emergency travel assistance program through SunLife.

Other

- **Early Symptom Intervention (ESI) Program:** ProActive Symptom Management – [Relief of painful symptoms](#)
- **KGA-Employee Assistance Program (EAP):** Confidential support and assistance, go to My.KGALifeservices.com - company code: holycross, or contact KGA at 800-648-9557.

For more information, visit our Benefits and Wellness [webpage](#).

