

HealthFlex Services for Your Emotional Well-Being

As with physical health, your mental health is just as important to keep fit. HealthFlex offers easy-to-access emotional well-being services to get you the help you need, when you need it. Each has its own unique offerings that can benefit you throughout the year. Used in combination or separately, these resources can get you through the challenging times and keep you mentally fit.



Employee Assistance Program

WHAT:

Short-term confidential counseling and support to help manage concerns in your personal or professional life. You have access to eight free sessions per issue, per year.

WHO:

Optum®—a dedicated EAP team with training on the unique needs of the Church.

HOW:

Visit benefitsaccess.org or call Optum® at 1-866-881-6800.



Behavioral Health

WHAT:

Long-term relationship with a provider to help with emotional health, substance abuse, depression, anxiety and more.

WHO:

Blue Cross Blue Shield or UnitedHealthcare

HOW:

Log in to **Benefits Access** > **Health Details** > **Medical and Behavioral Health** > **Go to Blue Cross Blue Shield** or **UnitedHealthcare**



Virgin Pulse®

VIRGIN PULSE HEALTH COACHING

WHAT:

Get personal support by connecting with an experienced professional to talk about mental health concerns such as anxiety and depression. Together, you will craft a personalized plan to help you meet your goals.

HOW:

Log in to your **Virgin Pulse Account** > **Health** tab > **Coaching**

JOURNEYS® AND HEALTHY HABITS

WHAT:

Journeys are daily, self-guided courses to help you build healthy habits. Choose from many options of mental health-related journeys.

HOW:

Log in to your **Virgin Pulse Account** > **Health** tab > **Journeys**

WHIL™

WHAT:

Learn the basics of mindfulness, yoga and emotional intelligence. With simple audio exercises, you can feel calm anytime, anywhere.

HOW:

Log in to your **Virgin Pulse Account** > **Benefits** tab > search **Whil**

Wellness programs are voluntary.



Wespath

BENEFITS | INVESTMENTS