

VITALITY RESOURCES TO HELP WITH STRESS AND BUILD RESILIENCY

Support Resources

Employee Assistance Program (EAP) - You and your eligible family members can receive up to 8 free visits with an in-network licensed professional counselor. At this time, onsite counseling services have transitioned to telehealth/telephonic counseling. Call 1-800-327- 2255 to schedule.

Peer2Peer Support - Peer2Peer Supporters are available to help clinicians (direct care providers) deal with the stressors they are facing today and every day. The Peer2Peer program (P2P) has trained clinicians (peers) to informally and confidentially debrief with a colleague who is struggling for any reason, or has experienced an adverse event, to express concern, solidarity, shared experience, and a culture of caring. If you need support, please email Peer2PeerSupport@cchmc.org and a P2P supporter will be in contact.

Health Coaching: You are eligible for free health coaching through our vendor partner, Aduro. Through the coaching program you have unlimited access to meet one-on-one telephonically with a health coach who can help you create goals and strategies to thrive both at and away from work. Examples could be working on creating balance in your life, managing stress, fitness goals, or financial goals. In addition to one-on-one coaching, you also have access to a variety of coaching webinars.

MyHealthPath: MyHealthPath is our online wellbeing platform where you can complete an online wellbeing assessment, join activities, and work towards goals to help you live your best life all while earning great rewards.

Telebehavioral Visits through LiveHealth Online— Employees and covered dependents on a Children’s medical plan are able to use Anthem’s telemedicine solution to access behavioral health providers virtually.

Mindfulness and Movement

Guided Meditations: You have access to monthly virtual meditation sessions led by Dr. Nancy Bloemer. During these 30 minute sessions, you will practice meditative techniques such as breath work, concentration and visualization.

Guided Reflections: Join these reflections every Wednesday to take a moment, breathe, and focus your mind. Each week will feature a reading on a different topic of reflection. Reflections are 15 minutes.

Down Dog - through December 31, 2020- Down Dog is offering several free fitness apps when registering like Yoga, HIIT, and Barre

eMindful - through September 30, 2020- virtual mindfulness solution available to you and your family. You will get access to:

- eMindful Program - Attend virtual mindfulness sessions to help you build skills for managing stress, building relationships, working remotely, becoming a better leader, and more.
- Medical Professional Mindfulness Program - Build skills and learn strategies to identify stressors, cope with compassion fatigue, and become more present.

Learn more by visiting [CenterLink](#) and searching “Emotional Wellbeing”