
CIGNA DENTAL

If you have Cigna dental coverage, you also have access to Cigna Healthy Rewards, a discount plan for products and programs such as weight management, fitness, vision and hearing, alternative medicine and healthy lifestyle.

To learn more, login to <https://my.cigna.com>

KAISER MENTAL HEALTH RESOURCES

- Face-to-face counseling sessions with licensed professional mental health providers
- Crisis intervention
- Chemical dependency treatment
- Condition-specific online classes and emotional wellness podcasts
- Online self-assessment tools
- Support groups

To access these tools and services, visit www.kp.org or call Member Services at (800) 464-4000.

BLUE SHIELD MENTAL HEALTH RESOURCES

- Wellvolution - Get no-cost lifestyle based-programs, tools and support to lose weight, treat diabetes, quit smoking, lower stress, manage anxiety or depression and more.
- Headspace Care - On demand mental health support day or night
- Teladoc - With 24/7 online access you can skip the line at urgent care and connect with a doctor in 1 hour or less. Mental health appointments are available daily from 7 am to 9 pm.

To access these tools and services, visit www.wellvolution.com or www.teladoc.com/bsc.

TIAA RETIREMENT FINANCIAL CONSULTING

No matter where you are in life – just getting started or planning for retirement – a session with TIAA can help you create a plan for your goals. And, it's at no additional cost as a part of your retirement plan. You'll get answers to these questions and more:

- Am I invested in the right mix of investments to help meet my goals?
- Am I saving enough to create the retirement income I need?
- How do I take income from my retirement account once I stop working?

Contact TIAA at (800) 732-8353 or go online at www.TIAA.org/schedulenow to make an appointment to meet with a financial advisor.

THE CLAREMONT COLLEGES



The Claremont Colleges recognizes that wellness is an important component of helping you create and maintain a healthy lifestyle. The wellness programs offered by our partners provide tools and information that can help you make important healthy lifestyle choices. These programs enhance your core benefits by offering savings on alternative health and wellness products and services.

If you have questions about any of the listed resources, please contact Benefits Administration at (909) 621-8151 or email benreps@claremont.edu.

WELLNESS RESOURCES

BLUE SHIELD WELLNESS RESOURCES

To access these tools and services, sign into your Blue Shield of CA account online

- Free preventive care and immunizations (in-network only for Blue Shield HDHP members)
- Teladoc Online access to doctors, including private video chats
- 24/7 Nurseline (877) 304-0504
- Shield Concierge - a team of nurses, health coaches, social workers, pharmacists, pharmacy technicians, and dedicated customer service representatives, working together for you. Call (855) 599-2657 to speak to the Concierge team.
- Wellvolution
 - o Best-in-class digital mental and physical health programs
 - o Personalized coaching and support
 - o Prevent and treat illnesses like diabetes, obesity, and heart disease
 - o Stop smoking
 - o Lower stress, anxiety, and depression through meditation and health coaching
 - o Lose weight
 - o Healthy recipes, on-demand exercise videos, and more

KAISER WELLNESS RESOURCES

To access these tools and services, visit www.kp.org or call Member Services at (800) 464-4000.

- Free preventive care and immunizations
- Online Total Health Assessment
- Self Care Apps - Calm app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. myStrength app offers personalized programs with interactive activities, daily health trackers to monitor and maintain your progress, in-the-moment coping tools, and more. Get the app at kp.org/selfcareapps.
- Healthy Lifestyle Programs for weight loss, maternity and pregnancy, smoking cessation, Insomnia, diabetes, depression and stress management, and pain management
- Kaiser Permanente has teamed up with ClassPass and has provided a special rate for Kaiser Permanente members. With ClassPass, Kaiser Permanente members can get online video workouts at no cost including fitness classes, cardio, dance, meditation and more. You will also receive discounts on livestream, real-time fitness classes like bootcamp, yoga, and pilates. You can get started by signing on to your kp.org account where you will find a ClassPass link, which will take you to your free 45-day trial.
- 24/7 nursing advice (800) 464-4000
- Wellness coaching
- Discounts through ChooseHealthy and on alternative care such as acupuncture or massage

OPTUM EMPLOYEE ASSISTANCE PROGRAM

Our EAP can assist you with parenting or relationship problems, financial advice, or legal referrals. Employees and their dependents can receive up to five counseling sessions with a licensed therapist by phone or in person per family member, per issue. Alternatively, you may choose to connect with a licensed therapist online – from anywhere, at any time.

In addition, you can get support and referrals for everyday tasks, including childcare and elder care, household services, and personal services (such as shopping or dog walking).

Talkspace - Convenient, safe and secure online therapy - a digital platform that offers an effective alternative to in-person therapy through in-app chat, voice and video messaging with thousands of licensed, masters-level or higher clinicians available nationwide.

Sanvello - On-demand help for stress, anxiety and depression – Created by psychologists, Sanvello is a top-rated self-help app that uses clinically validated techniques such as cognitive behavioral therapy (CBT) – a type of psychotherapy that has been shown to be especially effective for individuals experiencing high levels of stress, or symptoms of anxiety and depression.

Live and Work Well Benefits:

- Managing Stress
- Improving relationships at home or work
- Addressing legal and financial concerns
- Getting the most out of your career
- Finding child development, childcare or elder care resources
- Getting past emotional issues of grief
- Addressing depression, anxiety or substance use issues

Financial Services:

- Online financial stress assessment
- Self-directed online learning modules on credit, debt and budgeting
- Financial calculator to assess your current situation

Tax consultation and preparation:

- 25% discount for preparation of all personal income tax documents
- 2 calls with a money coach – 100% confidential

Legal Services:

- Access to licensed state-specific attorneys
- One 30-minute telephonic or face-to-face consultation per issue per year at no cost to you
- Ongoing representation by an attorney at a 25% discounted rate

Professional Development for Managers and Supervisors:

- More than 25 seminars help managers enhance supervisory and communication skills, understand organizational dynamics, and enhance morale and motivation in the workplace.

Call (800) 234-5465 or log on to liveandworkwell.com (use access code: claremontcolleges) to get started.