

Resources for **Managing Your Wellness and Well-Being** During the COVID-19 Pandemic



We know this is a difficult time for all of our Kindred team members. The COVID-19 pandemic is an unprecedented health crisis that is affecting each of us in different ways. As you look for ways to navigate this uncertain period, it is important to keep your physical, mental and emotional health top of mind.

There are a variety of resources available to Kindred team members that may be helpful as you and your loved ones look for ways to manage your personal well-being.

Available to All Team Members **Employee Assistance Program (EAP)**

EAP services are available 24 hours a day, seven days a week, via phone at **800.854.1446** or online at **www.unum.com/lifebalance**.

All team members have access to our free and confidential Employee Assistance Program (EAP), which provides access to licensed professional counselors who can help you with stress, anxiety, depression and other challenges. Here are just a few of the areas of professional support offered by EAP:

- Stress, depression and anxiety
- Relationship issues
- Job stress
- Anger, grief and loss
- Child and elder care
- Financial services, debt management and credit report issues

Additionally, the EAP website provides many helpful resources on topics including how to help kids handle stress during this time, COVID-19 updates and specific information for older adults and caregivers. These topics and many more are available by going to **www.unum.com/lifebalance**.

Available to Team Members Enrolled **in a Kindred Medical Plan** **Teladoc Telemedicine Services**

Teladoc is a telemedicine provider that gives you anytime, anywhere access to quality healthcare services provided by U.S. board-certified physicians. Teladoc doctors provide services 24 hours a day, seven days a week, via consultations conducted by phone or video. In addition to diagnosing, treating and prescribing medication for a variety of non-emergency conditions, Teladoc also offers consultations for behavioral health issues such as stress, anxiety and depression. Most general consultations cost \$45 or less per visit (some consultations related to dermatology or behavioral health may range in cost from \$75 to \$200).

To set up your Teladoc account, visit www.teladoc.com or download the Teladoc app from the Apple App Store or the Google Play Store. **For more information about Teladoc, please visit www.teladoc.com or call 1.800.835.2362.** (Please note Teladoc is not available to team members enrolled in Kaiser or Quartz medical plans.)

Healthy Steps Wellness Programs and Activities

You can access the Healthy Steps Wellness website to find several activities and coaching programs that can help you during this difficult time. Below are just a few of the topics you can find covered on the site:

- Reduce Anxiety During Times of Uncertainty
- Do a Well-Being Check-in with Your Coworkers
- Check in with Yourself – Mindfulness
- Snacking: Make It Healthy
- Coaching:
 - **Health and Fitness** – Sleep Mode/Get Moving
 - **Growth and Development** – Intro to Mindfulness/Change Resilience/Practice Simple Gratitude
 - **Money and Prosperity** – Budget Basics/Healthy, Wealthy and Wise/Savings 101

You can access your personal Healthy Steps Wellness account on your computer or mobile device at **www.healthystepswellness.com** or via **www.kindredforme.com**.



**Preserving
Your Well-Being:**
Resources for You
and Your Family



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