YOUR WELL-BEING

Supporting a whole life, a whole you!

You are committed to improving our patients’ lives every day. We want to do the same for you. That’s why we offer valuable health and well-being programs designed to empower you to live well today and help you plan for the future.

Program Details

Virgin Pulse

We cannot exist without our caregivers and their supportive families. You are the core of our ministry, and we want to support you in living healthier, happier and more fulfilling lives — both at work and at home. That’s why we continually strive to provide you with a best-in-class wellness program as part of your overall benefits package.

Virgin Pulse administers our well-being program and keeps you engaged all year long by offering rewards for making healthy decisions and reaching your goals. Although participation is completely voluntary, you are encouraged to take full advantage of this enhanced program that inspires health, fun and overall well-being.

You can earn up to $600 for taking small steps toward your overall health in 2023. Your covered spouse/LDA (if applicable) can earn up to $400*.

• Both you and your covered spouse/LDA can earn $200 in your HRA by completing a Health Screening and completing an online Health Check Survey.
• You can earn points to accumulate up to $100 in Pulse Cash each quarter (up to $400 per year) and your covered spouse/LDA can earn points to accumulate up to $50 in Pulse Cash each quarter (up to $200 per year). Pulse Cash can be used any time toward gift cards, purchases from the Virgin Pulse online store or even donations to charity!

If you haven’t already joined your colleagues enrolled in the program, get started today by visiting www.join.virginpulse.com/sclhealth!

*Per IRS regulations, Pulse Cash is considered income and will be taxed accordingly through payroll when earned.
**QuitLine**

Quitting tobacco isn’t just good for your health – it’s good for your wallet too. You can avoid paying a tobacco-use surcharge on your medical premiums by going tobacco free! Need help getting there? Our QuitLine program provides you with guidance and support to quit tobacco at no cost to you. Coaches are available 5 a.m. to 11 p.m. MT seven days a week to help you get started and stay motivated.

To access the program or learn more, call 888-543-1506 or visit sclhealthquitline.quitlogix.org.

**Omada®**

We strive to connect you with meaningful tools that support you in achieving your goals and living your best life. If you are enrolled in one of our medical plans and are looking for coaching and inspiration to help you lose weight, build long-term healthy habits and reduce your risk for chronic diseases like diabetes and high blood pressure, why not give Omada a try?

As an added incentive, we will contribute $100 to your HRA when you achieve your first 5% weight loss. For more information and to find out if you qualify, just take Omada’s one-minute health screening questionnaire at www.omadahealth.com/sclhealth.

**meQuilibrium**

Working in healthcare isn’t for the faint of heart, and as caregivers, we rely on grit and resilience to keep going. Like muscles, these traits can be strengthened, and we have a program to help you do just that! meQuilibrium (or meQ) is a resiliency building app that takes you on a personalized well-being journey specific to your stress personality type. meQ provides simple, but effective ways to help you start to do things like:

- Improve your sleep, so you can wake up feeling fresh
- Achieve balance and calm, even in life’s most stressful moments
- Feel more focused, think clearly and even battle stress-induced eating habits
- Shift pessimistic thinking and feel better about what’s ahead

Our entire caregiver population and covered dependents can enroll in meQ. To learn more and unlock your personal program that will help you build the skills to navigate life’s challenges, visit getmeq.com/sclhealth.

**Employee Assistance Program (EAP)**

We all know that life can be challenging at times. Issues like illness, debt, family problems and health issues can leave us feeling worried or anxious. That’s why your Cigna Employee Assistance Program (EAP) gives you* and everyone in your household confidential and impartial guidance and support on any kind of issue – from everyday matters to more serious well-being concerns – at no cost to you. It’s real support for real life.

Cigna’s specially trained representatives are available 24 hours a day, 365 days a year. Your EAP provides access to up to six free counseling visits per issue, daily living assistance such as child and elder care support as well as adoption, pet care and home maintenance assistance, financial and legal help and so much more.

As part of your Cigna EAP line-up, there is the Caregiver Bridge program. This allows anyone in your household to access support and resources to help manage the day-to-day challenges of caring for an aging adult or loved one living with a chronic medical condition. Caregiver Bridge will help you every step of the way and make being a caregiver a little bit easier.

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**For counseling, support and referrals to your Cigna EAP**

- **For work/life resources:**
  - Call 877-622-4327
  - Or go to myCigna.com or the myCigna App (employer ID “sclhealth” required for initial registration).

- **To access Caregiver Bridge:**
  - Call 877-852-6139
  - Or go to CaregiverBridge.com (employer ID: sclhealth)

*Even if you’re not a Cigna medical plan member, you can still use the Cigna EAP and Caregiver Bridge. Both are available to all caregivers – including PRN, per diem and active temporary caregivers – and their household members.

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Since inception in 2019, participants have lost a combined 13,609 pounds with Omada.

“If we want to care for others, we must start by taking good care of ourselves. Self-care is never optional, and meQuilibrium makes it easy to find the time to check in with yourself and discover what is most needed to nurture your body, mind and spirit. meQ helps me be the best ‘me’ I can be, even during the most difficult and stress-filled days.”

— Deb Simmen, Vice President, Ministry Formation and Spiritual Care
It can be stressful juggling multiple financial priorities while also planning for the future. Managing your money is personal and it can impact everything — including your physical health and emotional well-being.

We’re here to help. To learn more about the useful tools and valuable resources available to you and your family, visit [www.sclhealthbenefits.org/financial-wellness](http://www.sclhealthbenefits.org/financial-wellness).

### WorkLife Partnership

We partner with WorkLife Partnership to support our caregivers in overcoming difficult challenges, because we know that life happens. This free, confidential service is available to all caregivers and can connect you with support and resources in your community to help with:

- Finding resources for affordable childcare
- Support with transportation
- Budgeting and financial wellness
- Understanding medical benefits and how to use them
- Accessing resources to find affordable housing
- Utility bill assistance
- Free or low-cost meals for children
- Connecting with behavioral health resources
- Support with stress management
- Accessing food pantries
- And much more!

Our WorkLife Partnership Resource Navigator, Maria Pearson, can connect Monday - Friday from 8:00 a.m. to 5:00 p.m. MT via phone, text, email or video chat. Simply call 303-589-7412, text “Navigator” to 888-219-8993 or email mpearson@worklifecolorado.org. If you require assistance between 6:00 a.m. and 8:00 a.m MT or 5:00 p.m. and 7:00 p.m. MT, you may contact WorkLife Partnership staff at 888-219-8993.

“I can’t put into words how much WorkLife Partnership means to me. They really care, help me stay calm and connect me with the resources I need to find peace of mind.”