

SCL Health Monthly Benefits Spotlight

May 2022 – Family Caregiving Well-Being



Being the primary caregiver to loved ones requires endless amounts of energy, empathy and patience. It's a time-consuming undertaking that can easily lead to burnout. If you're caring for a loved one, it's important to be aware of the challenges caregivers face, so that you're able to address them if you need to. Taking care of others means taking care of yourself.

Our benefit partners are here for you and your overall well-being. Be sure to access the valuable resources and tools to live a healthier life and make informed decisions.

BENEFIT PARTNER	HELPFUL RESOURCE
WorkLife Partnership askthenavigator.org	Find community resources to assist with caring for a loved one with the help of WorkLife Partnership. You can get free and completely confidential support. Schedule a meeting with Maria Pearson, Resource Navigator for SCL Health.
Cigna caregiverbridge.com	Give Care. Get Support with Cigna Caregiver Bridge. Caring for an aging loved one, adult, or child living with a chronic medical condition can be challenging. Caregiver Bridge makes it a little easier. It offers you - and anyone in your household - support and resources as you manage the day-to-day challenges of caregiving. From accessing resources to supporting self-care, to navigating care options for a family member, we're here to help you every step of the way.
Cigna myCigna.com >	The Employee Assistance Program (EAP) is real support for real life. It's confidential and available at no cost to you. You will work with licensed clinicians to help you cope with a wide variety of concerns from family, legal and financial issues to substance use, emotional health, and stress.
meQuilibrium getmeq.com/SCLhealth	meQuilibrium enables you to help yourself to build resilience and techniques to find a calmer lifestyle
MetLife Legal legalplans.com	Get assistance with legal navigation when caring for others -for associates enrolled in MetLife Legal