

All about your well-being



We offer a variety of resources to support your total well-being, helping you and your family access care, guidance and support when you need it most. Best of all, many of these valuable programs and tools are available at no cost to you.

Explore our well-being resources

MyWell-Being Program—use it, it's free and earn over \$600 in incentives

At no cost to you, the MyWell-Being Program helps you thrive with its holistic approach to your well-being. Plus, you'll be rewarded with lower premiums or other incentives.

Follow these steps to get started:

1. Visit join.personifyhealth.com/BannerHealth.
2. **Download** the Personify Health mobile app for Apple or Android by scanning the QR code.
3. **Connect** an activity tracker to get credit for your steps, active minutes and sleep. You can sync with many devices and apps (Apple Health, Oura, Google Health, Strava, Withings, Misfit, etc.).
4. **Upload** a profile picture and add friends and team members.
5. **Set** your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more.
6. **Participate** in the MyWell-Being Program.



Mental health resources

Banner's Employee Assistance Program, Resources for Living

Aetna Resources for Living offers counseling sessions throughout the year at no cost to you and the members of your household. Take advantage of this help:

- **Emotional support:** Talk to a counselor (face-to-face, video or phone) and get support for stress, relationships, mood issues, etc.
- **Financial and legal guidance:** Speak with professionals about budgeting, estate planning, family matters and other important issues.
- **Daily life assistance:** Get support with everyday issues and coordinate caregiving needs.
- **Online resources:** Explore articles, videos, assessments and webinars by visiting resourcesforliving.com (Username: Banner; password: EAP).

Meet Talkspace, your emotional support tool

With Talkspace, speak with a counselor anytime, anywhere, via web browser or through the mobile app. Resources for Living provides six free sessions per year, per issue. Getting started is easy:

- Visit talkspace.com/rfl to register.
- Tell them your unique needs and preferences.
- Choose a therapist, then download the Talkspace mobile app and begin messaging the same day.

Mind Companion: self-care for guidance and support

Get access to digital support tools through Mind Companion's self-care to help manage depression, anxiety, substance misuse and more.

[Sign up here](#). Access code: **Banner**.

Family support

BenefitBump

BenefitBump provides personalized, expert guidance through every step of your parenthood journey, at no cost to you.

- Access emotional well-being resources and support.
- Get personalized guidance for fertility, pregnancy, adoption or surrogacy.
- Optimize care, benefits and financial planning resources.
- Navigate leave policies and return to work with confidence.

Visit mybenefitbump.com to learn more and activate your account.

Banner activation code: **Banner Health**

Child- and elder-care resources

Caring for loved ones can be both rewarding and challenging. Banner provides resources through [Bright Horizons](#) and [Aetna Resources for Living](#) to support your caregiving responsibilities.

Bright Horizons

Provides practical tools and resources to help you plan and manage caregiving responsibilities, including:

- Child- and elder-care search tools and decision-support resources
- Free premium Sittercity membership for finding caregivers
- Discounts at participating child-care centers
- Educational resources and guidance for parenting, adoption, pregnancy and elder-care planning

Aetna Resources for Living

Offers personalized support and information for caregivers, including:

- Child-care and aging-adult care provider searches
- Resources for pregnancy, adoption and raising children
- Health, financial and legal information for older adults
- Guidance and support to help balance caregiving, work and family responsibilities

With a variety of well-being tools at your fingertips, Banner wants you to feel assured there is total support available when you need it.



Have additional questions about your benefits?

Call the Benefits Resource Center at 833-849-9825: 7 a.m. – 7 p.m. (MST), Monday – Friday.