



are you *whole?*

What do we mean when we talk about wholeness? We mean caring for all aspects of your life — **physical, mental and spiritual**. When these three aspects of life are aligned, **we are made whole**.

Too often we neglect our mental well-being, but it's important to make the time and put in the effort to care for this area.

Counseling program, reduced copays and support for physicians and APPs — Cone Health can help with options to **fit your schedule and budget** so mental well-being becomes part of your life.



Employee Assistance Counseling Program (EACP): helps you learn how to manage conflicts and personal issues — so you can focus on your job.



Outpatient Behavioral Health: evidence-based care offered through Cone Health with an understanding of your unique needs to help you or your family make positive life changes.



LiveLifeWell: programs in exercise and fitness, healthy eating, wellness incentives, condition management programs and weight management to assist you on your personal wellness journey.



Reduced Copays: Cone Health has reduced copays for mental health counseling/therapy. In the Choice Plan, they are \$5; \$0 after deductible in the Save Plan; and \$0 in the Focus Plan, for 2021.



Talkspace: an app-based experience, Cone Health employees can access Talkspace to reach out to a trained mental health professional whenever they need it.



Physician Burnout: Cone Health physicians can access role-specific resources to address depression, apathy and feelings of frustration.



Visit conehealth.com/selfcare or scan this QR code for videos, resources and more.

Employee Assistance Counseling Program (EACP) and Crisis Line: (336) 538-7481
Outpatient Behavioral Health Care: (336) 832-9800

