

Wellness Resources

There's more to love with these resources from **UnitedHealthcare**.

Mental Health Support

Live And Work Well

At www.liveandworkwell.com, members have access to content and tools to help you and your family with stress, coping and overall well being. Assistance is also available to help you connect to a therapist, psychiatrist or other clinician using a provider search directory. You can also call the confidential, 24/7 support phone line for help or to ask for help finding resources for balancing work, family and personal life at 1-866-342-6892.

Self Help by Able To

On-demand help with stress, anxiety and depression. Tap into tools created by clinicians that are suggested for you based on your responses to a short, optional assessment. Track your daily mood, access coping tools, go on guided journeys, get personalized progress and access to a community for support. Get started at www.ableto.com/begin.

Rewards for Healthy Living

Discounts and Rewards Market Place through UHC

Take advantage of discounts on hearing aids, contact lenses, nutrition and weight loss, gym memberships, electronics, travel and more. Visit www.uhcspecialty.benefithub.com/app/home to start saving!

Fitness and Well-Being

OnePass

One Pass Select is a subscription-based fitness and well-being program that supports a healthier lifestyle. You can access thousands of gym locations with:

- No long-term contracts or annual gym registration fees
- Flexible fitness options and the ability to use locations
- Nationwide (not limited to 1 gym)
- The ability to add up to 4 family members (ages 18+)
- The option to change tiers monthly
- Cancel at any time (30 days notice required)

Get started at www.myuhc/onepassfitness.com.

RealAppeal

Real Appeal is designed to help you build healthy nutrition, fitness, sleep and stress habits to support weight loss. This program is available at no additional cost to eligible members and dependents as part of your health plan benefits. Receive online coaching, digital tools to track food, activity and weight loss as well as a Success Kit that includes scales, recipes and workouts. To get started, visit www.realappeal.com

Fitness and Well-Being Continued

Calm Health

Calm is a mental well-being app with resources for sleep, meditation and mindfulness. Calm Health is a new well-being app that builds on the self-guided content available from Calm (sleep, meditation and mindfulness) and includes additional features and resources for members and organizations with the inclusion of mental health screenings and recommendations to additional solutions and services offered by the member's health plan, such as coaching and therapy.

Download the
Calm Health App
to get started!



Whether or not you're enrolled in NAB's medical plans, take advantage of these resources through **HealthAdvocate**.

Mental Health Support

EAP

Our Employee Assistance Plan (EAP) through HealthAdvocate is a confidential service with access to guidance and resources at no cost for:

- Mental health concerns (including substance abuse or addiction)
- Adoption, parenting, or caregiving needs
- Financial or legal support
- Familial relationships and friendships
- Coping with day-to-day challenges
- and so much more



View more details on
the EAP provided by
HealthAdvocate



Rewards for Healthy Living

NAB Wellness Program

Building better habits helps you make meaningful healthy changes. Track healthy habits and meet the recommended goals to earn points. Earn points by completing the activities listed on the NAB Wellness Program Guide, and log on to your wellness website at any time to track your activity and see how many points you have earned so far.



View more details on the
NAB Wellness Program
provided by HealthAdvocate



Advocacy

Advocacy through HealthAdvocate

We know all too well that the healthcare system is challenging to navigate.. Health Advocate provides employees with the personalized, expert care and support they need to take control of their health and well-being. Whenever you or an eligible family member has a healthcare related issue or concern, you simply call their toll-free number to connect with an experienced Health Advocate to get help with

- Understanding your coverage
- Help resolving claims and billing issues
- Understanding health conditions, diagnoses and treatments
- and much more!



Watch this video to learn more
about the Advocacy program
through HealthAdvocate

