GW WELL-BEING RESOURCES

BENEFITS-ELIGIBLE FACULTY AND STAFF

Tending to the needs of work, home, caregiving and personal interests is a rewarding feat, yet it can also take a toll on one's overall well-being. As a GW employee, you have access to a number of different **resources** that make it easier to prioritize your health as we continue to build our community of well-being. We encourage you to explore the programs below under our 4 pillars of well-being - emotional, social, financial, and physical, as a way for you and your family to improve and maintain a healthy lifestyle both at work and at home.

EMOTIONAL



GW's **Employee Assistance Program (EAP)** supports benefits-eligible employees and members of their household. The **EAP Services** are confidential and available 24 hours a day, 7 days a week. The program offers assistance in several ways including, but not limited to:

- Receive five confidential counseling sessions per issue at no cost.
- Request work-life service searches for support such as local childcare centers, basic legal questions, household services, moving and relocation assistance and more.
- Work with a coach to boost your emotional fitness and learn healthy habits.
- Schedule a **free 30-minute consultation** with a financial professional to discuss financial needs and help resolve issues.

Access the GW EAP

- Visit **supportlinc.com** and **create a personal account** with the group code: ***gw***.



Textcoach through GW's EAP
In lieu of in-person counseling through the EAP, benefits-eligible employees and members of their household (13 years and up) may use **Textcoach**, a text therapy option at no cost for five weeks of text or televideo counseling (per issue). GW employees can message their licensed coach securely anytime, without worrying about scheduling conflicts. The five weeks are to be used within a 120-day window and do not need to be consecutive weeks. To get started, visit **supportlinc.com** and **create a personal account** with the group code: ***gw***.



Headspace, the mindfulness app, is available at no cost to all faculty and staff. This **daily tool** provides meditation, sleep, and children's programs. The "***Move***" section includes running, walking and yoga exercises offered in time increments from 5 - 20 minutes. If you have never meditated before, Headspace has a 10-day beginner's course called "***the Basics***" that will teach you the essentials of meditation. You can also explore a variety of themes such as health, work, relationships, and more.

Access Headspace

- **Sign up** using your computer or device, such as a tablet or iphone. To use on a tablet or phone, the Headspace app will need to be downloaded first.
- Only your ***@gwu.edu*** email address can be used to sign up and verify that you are a GW employee.



Embark on a new reading adventure! GW Benefits has partnered with Professional Book Club (PBC) Guru to create a **virtual well-being book club** available to Faculty and Staff at no cost. The GWell Chapter Chasers Book Club will connect through an exclusive online forum, offering a private space for members to discuss the book in depth. The reading schedule is designed to fit a variety of paces, dedicating about two months to each book.

Books selected for reading and discussion cover the social, emotional, financial, and physical pillars of well-being

Employees can **join** the GWell Chapter Chasers Book club at any time!

FINANCIAL

As members of the GW community, employees are eligible for **special discounts** from pet insurance, group home and auto, and identity protection to show tickets and more!

You are also invited to join our GW exclusive **financial well-being campaign**! Throughout the campaign, we raise awareness about the importance of financial literacy and how to align your spending, saving, and goals with your core values, as well as explore additional strategies, tools, and resources that can help you to improve your financial well-being and reach your financial goals.

Additionally, GW Retirement plan participants can **schedule financial counseling** by appointment with TIAA or Fidelity to gain more understanding about the retirement plans, available investments, creating a savings plan, and more.

The healthcare system can be tricky to navigate. As a GW employee, you are automatically enrolled in **Health Advocate** at no cost regardless of whether you are on a GW medical plan. With your health advocate, you and your family have someone in your corner to help. From resolving claim questions or issues and untangling medical bills to scheduling appointments to receiving **clinical advice**, your health advocate can help answer your questions and guide you to the right care that will save you both time and money. Health Advocate calls are unlimited, available 24/7, and are completely confidential. Call ***(866) 695-8622*** or visit **healthadvocate.com/gwu** to get connected to an advocate.

PHYSICAL



It's never too late to quit. All GW faculty and staff, as well as members of their households, are eligible to participate in GW's smoking cessation program, **Quit for Life®** on Rally Coach™ at no cost. The program will support you as you transition to a new lifestyle, teaching you skills and techniques to successfully quit smoking. From educational materials to basic healthcare, a customized quitting plan, and a supportive online community, this program may be exactly what you need to start living a healthier life. Register today by visiting **quitnow.net**.



Getting in shape just got easier! Join the **GW Lerner Health and Wellness Foggy Bottom Campus Gym** at a **reduced membership rate** available to faculty and staff. Members have access to spacious free weights, weight machines, and cardiovascular fitness areas, as well as a suspended jogging track, a lap pool, and basketball and racquetball courts. The center's multipurpose room can be used for aerobics, dance, yoga and other activities. If you choose, benefit-eligible employees may pay for the discounted gym membership via **payroll deduction**. ***Please note*:** To enter the facility, you will need your GWorld card handy.



All GW employees as well as your spouse or domestic partner are eligible to **enroll** for a discounted gym membership with the **Active&Fit Direct program**. Gain access to thousands of ways to workout at gyms and premium exercise studios nationwide. You can also enjoy on-demand workout videos and 1:1 well-being coaching to help you reach your health and fitness goals from the comfort of your home. Use the **zip code search** to see which exercise centers participate in your area.



GW benefit-eligible faculty and staff are eligible for a discounted **Capital Bikeshare** annual membership of only $25 (regularly $85). Choose any of the over **300 stations** across Washington, D.C., Arlington and Alexandria, VA and Montgomery County, MD and return your bike to any station near your destination. For details and to receive your discount code please complete the **Capital Bikeshare Discount Code Form**. ***Please note***: The discount is limited to one code per year per employee for new annual memberships or when your annual membership ends and cannot be applied to existing annual memberships.

SOCIAL



The role of a caregiver is the fastest growing demographic in the workforce and at times can demand endless energy, patience, and create schedule conflicts. GW offers **Bright Horizons Enhanced Family Supports™** for our family care benefit, which includes a variety of programs listed below to support and provide flexibility to you and your family.

- Expanded in-center back-up care at Bright Horizons centers
- In-home care for children and adults through Bright Horizons
- Before/After School care
- Discounted education support and tutoring
- An **Elder Care program** to assist you in developing care plans for aging relatives
- A Sittercity membership at no cost
- Assistance with full-time nanny placement for a discounted cost
- Early Years in-center childcare discounts and more

Employees must first **register** on the **GW/Bright Horizons microsite** to access services. ***Please note:*** Faculty and Staff are eligible for up to 10 back-up care days per calendar year.

ADDITIONAL WELL-BEING RESOURCES FOR GW MEDICAL PLAN PARTICIPANTS

United Healthcare

The **GW PPO** and **GW Health Savings Plan** include behavioral health benefits that offer services to support conditions like depression, ADHD, anxiety and substance abuse recovery services. **Telemental health** is also included in your benefits.

Find a behavioral health provider and schedule appointments at **myuhc.com**. You can also visit the **Live and Work Well website**; login with the same credentials as you use for **myuhc.com**.



Real Appeal is a free weight-loss support program available to eligible employees and their adult dependents covered on a GW medical plan with a BMI of 23 or greater. This virtual program uses live online coaching, group sessions and highly interactive weekly internet videos to drive small behavior changes. Participants receive a welcome kit that includes recipes, a portion plate, food scales, and more. You can get started today by visiting **gwu.realappeal.com**.

progyny

Pregnancy and Postpartum Support

Expecting? Congratulations! The **Pregnancy and Postpartum Support Program** through Progyny is available to those on a GW medical plan at no cost. The program is designed to care and help parents-to-be throughout the pregnancy and postpartum journey. You can read up on educational materials, find information about coordination of care, get access to personalized support from dedicated Pregnancy and Postpartum Coaches (PPCs) as well as receive financial incentives. Get started by calling 833-233-0557 and visiting the **Progyny Member Portal**.

Cancer Support Program

Managing cancer is difficult. If you or a family member has been diagnosed or has risk factors for cancer, the **Cancer Support Program** is available to assist through the GW PPO and HSP medical plans. The program is designed to provide you and your family with compassionate guidance, resources, and access to experts for navigating treatment options and specialized facilities as well as provide access to hospice services and palliative care, education for survivors on prevention of future cancers, and end-of-life care transition and support for survivors. There is no cost to participate in this program and you can **enroll** at any time.



SimpleTherapy

SimpleTherapy is a holistic muscle and joint healthcare platform that delivers accessible, personalized, and clinically appropriate care to help manage pain, and chronic conditions, and optimize overall health. Members will have unlimited access to self-guided sessions from preventative care to pain management that adapt to individual progress to achieve ideal outcomes without sacrificing member safety. SimpleTherapy is backed by a team of clinicians that help facilitate member progress through 1:1 virtual Physical Therapy consults and 24/7/365 health coaching access. This benefit is available at no cost to GW medical plan participants and covered dependents aged 13 and up. You can begin using the benefit immediately after you **activate** your account.

More information about the well-being programs included at no cost with the GW medical plans can be found **here**.

GET IN TOUCH

Employee Assistance Program (EAP) including Textcoach
(888) 881-5462
hr.gwu.edu/eap

Headspace
teamsupport@headspace.com
hr.gwu.edu/headspace

Health Advocate
(866) 695-8622
healthadvocate.com/gwu

TIAA
(800) 842-2776
tiaa.org/gwu

Fidelity Investments
(800) 343-0860
NETBENEFITS.com/GW

Bright Horizons Family Care
(877) 242-2737
hr.gwu.edu/family_care

Quit for Life
(866) QUIT-4-LIFE (784-8454)
quitnow.net

Lerner Health and Wellness
(202) 994-1532
campusrecreation.gwu.edu/faculty-staff-membership

Active & Fit Direct
(844) 646-2746
activeandfitdirect.com/search

Capital Bikeshare
(877) 430-BIKE (2453)
hr.gwu.edu/capital-bikeshare

UnitedHealthcare
(877) 706-1739
member.uhc.com/myuhc

Real Appeal
(844) 924-REAL (7325)
gwu.realappeal.com

Pregnancy and Postpartum Support Program
(833) 233-0557
hr.gwu.edu/pregnancy-and-postpartum-support

Cancer Support Program
(866) 936-6002
hr.gwu.edu/medical_benefits

SimpleTherapy
(800) 644-2478
hr.gwu.edu/simpletherapy

GW Benefits
Contact us at **benefits@gwu.edu** or **(571) 553-8382** for assistance with any of your GW benefit programs.