Welcome to Colonial Community

Colonial Community is your center for employee wellbeing. We take great pride in creating a supportive work environment and understand that faculty and staffs are our greatest asset. Our mission is to promote faculty and staff wellbeing by providing programs, policies, and resources to create a strong and healthy workforce.

What is Wellbeing?

Wellbeing is a holistic blend of physical, social, financial, professional, and spiritual wellness that rewards you with optimum health, success and satisfaction as you journey through life.

Your Wellbeing Hotline

Our Wellbeing Hotline is a one-stop-shop for help with personal issues, planning for life events, or simply managing daily life. Below are just some of the many services provided through the Wellbeing Hotline:

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<th>WORK-LIFE SOLUTIONS - Delegate your “to-do” list</th>
<th>FINANCIAL &amp; LEGAL RESOURCES - Discover your best options</th>
<th>CONFIDENTIAL COUNSELING - Someone to talk to</th>
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<td>Support for your everyday work-life needs, including:</td>
<td>Speak with an attorney, CPA or CFP on a wide range of legal and financial issues, including:</td>
<td>In-person counseling for life’s challenges:</td>
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| • Child and elder care  
• Moving and relocation  
• Making major purchases  
• College planning  
• Pet care  
• Home repair | • Budgeting  
• Getting out of debt and bankruptcy  
• Estate planning  
• Saving for college  
• Contract  
• Landlord/tenant issues | • Stress  
• Career/job issues  
• Marital/relationship concerns  
• Parenting/family issues  
• Gambling  
• Alcohol or drug problems |

Call toll-free: 855-705-2471

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Here is just a taste of some of the additional resources available to you:

**Health Advocate** – This GW-paid benefit is designed to help you and your family navigate healthcare and insurance-related issues, resolving problems that you may encounter. Your Personal Health Advocate will help cut through the red tape and help with complex conditions, find specialists, address eldercare issues, clarify insurance coverage, work on claims denials, help negotiate medical bills and get to the heart of your issue.

**GW’s Healthy Pregnancy Program** - At the George Washington University we are committed to supporting our employees through this important time by providing programs and resources that can support them at every stage in this incredible journey – from preconception to the introduction of a new baby or an adopted child. Additional financial incentives are available for those on GW’s medical plan.

**Smoking Cessation Program** – GW has partnered with Alere Wellbeing to offer free telephonic coaching and up to eight weeks of over-the-counter nicotine replacement therapy (patch or gum) at no cost to you. To find out more go to: [www.smokefree.gwu.edu](http://www.smokefree.gwu.edu)

**Back-Up Dependent Care** - GW’s Backup Family Care program through CCLC has been tailored to meet the unique needs of working families when your usual family care arrangements are disrupted. Faculty and staff can take advantage of up to 5 days a year of back-up care for just a small daily co-pay.

**Brown Bag Lunch Menu** – Our workshop menu provides GW departments and teams the opportunity to learn new things to help improve their health, work-life balance, and overall well-being. A variety of topics are available and can be catered to the specific needs of the department.

**Financial Wellness Resources** - Our priority is to help employees reach their financial goals by providing them with the tools and information they need to make smart and successful financial decisions. If you are looking for guidance on managing your personal budgets, concerned about your retirement investments, or simply looking for additional ways to save money, we offer resources to help you and your family.

**Fitness & Recreation Programs** – Whether it’s participating in our summer faculty and staff softball league, our on-going walking program, our semi-annual fitness challenges, or any of a number of other programs, GW has a fitness option for everyone.

**Positive Vibes** – A free and easy way for GW employees to publicly thank, congratulate or recognize their colleagues. Messages are posted on the Colonial Community website and recipients receive a card and Positive Vibe pin.

**Contact Us**

**Keep Up With The Latest News** – Sign up for the Colonial Community listserv on-line to receive a weekly email that highlights the top events, programs, and resources available to GW employees. You can also join us on Facebook, Twitter, Pinterest and Instagram to get even more Colonial Community information. [yourlife@gwu.edu](mailto:yourlife@gwu.edu)
202-994-8500
[colonialcommunity.gwu.edu](http://colonialcommunity.gwu.edu)

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