

Check In On Your Well-Being

Stress and anxiety during a disease outbreak can be overwhelming and cause strong emotions, particularly for healthcare professionals. Now more than ever, it's important to stay focused on taking care of yourself.



What is a Well-Being Call?

A Well-Being Call is an opportunity to engage with a Health Advocate Wellness Coach to explore how you're coping with the "new normal" and any issues that may be impacting your health, well-being and productivity.



What will we talk about?

The topics you discuss are completely up to you, however, your Coach may help guide the discussion by encouraging you to look at areas such as:

- The impact of current issues on your health or lifestyle
- Fear and worry about your own health and the health of your loved ones
- Strategies to help you deal with stress, anxiety or depression
- Changes in sleep or eating patterns; difficulty sleeping or concentrating
- Worsening of chronic health conditions
- Increased use of caffeine, alcohol, tobacco or other substances
- Additional support resources such as the Employee Assistance Program
- Any other issues or challenges you may be facing



Will our conversation be confidential?

Yes. Our Wellness Coaches are trained to comply with all government privacy regulations. Your personal and health information will be kept strictly confidential at all times.



I could use ongoing support in other areas. Can I continue to work with my Coach after the initial Well-Being Call?

Yes. Employees who are eligible to participate in the Living Well Program can work with their Coach for as long as they like.



What are the next steps?

Employees will have a 2-week timeframe in which to schedule their Well-Being Call. Once you have your dates, you may schedule an appointment by doing one of the following:

- Log in at HealthAdvocate.com/Genesis (click "Schedule Appointment with a Wellness Coach")

OR

- Call 866.681.8686 (weekdays from 8 am to 10 pm, ET)

If your location typically held an onsite biometric screening event, your Benefits Designee may also help schedule your appointment.



Can I schedule a Well-Being Call if I don't have a Genesis medical plan?

Yes. The Well-Being Call is available to all Genesis employees, regardless of enrollment in a Genesis medical plan or full-time, part-time/casual status. Employees not enrolled in the Living Well Program may be added to the schedule by the Benefits Designee or may call Health Advocate directly at 866.681.8686 to make an appointment.

Living Well Program participants who complete a Well-Being Call will earn 75 points toward the 2022 Wellness Reward! Complete the online Personal Health Profile (25 points) and the Reward is yours!



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