

EMPLOYEE RESOURCES

Tips and resources to maintain your total wellbeing.

Your mental health is just as important as your physical health. Within this resource guide you will find benefits and programs to help you and your family handle the stresses involved with everyday issues and/or crisis situations.

HONORHEALTH CAREGIVER SUPPORT LINE

We have one number that you can call if you are experiencing stress and would like support and access to helpful caregiving resources. The number is 480-587-6500. It is confidential and will be answered by a trained volunteer colleague who is ready to provide peer support to you.

Reasons to reach out might include:

- Anxiety
- Depression
- Feelings of vulnerability regarding past addictive behaviors
- Simply feeling overwhelmed or stressed

MENTAL HEALTH

Maintaining your mental health is an important aspect to improving your total wellbeing. Take steps to be mentally well with following tips and resources.

Tips to Stay Mentally Healthy

- **Maintain a daily routine.** Daily routines provide reassurance and consistency. Schedule time with your household to connect, get up at your normal time, and try to incorporate exercise or movement into your day.
- **Connect with others.** Prioritize healthy relationships with friends and family through meaningful connections. Meet a friend for coffee once a month or gather your family around the table for dinner regularly. Designate this time as tech-free to encourage conversation without distractions.
- **Try journaling.** Not usually your thing? Give it a try! Write down three things you are grateful for each day.
- **Notice changes in how you feel.** Pay attention to new or ongoing issues you or loved ones might be having with sleep, restlessness, or tension. Connect with your primary care doctor to identify solutions that match your care plan.

Mental and Behavioral Health Counseling Services

LYRA—YOUR PATH TO BETTER MENTAL HEALTH

Lyra is a free, strictly confidential service. All HonorHealth employees, their spouse/domestic partner, and dependents have access to **six total therapy or coaching sessions, per person, per year, at no cost.**

Care Options

Lyra helps you find the right care, no matter where you are on your mental health journey:

- **Lyra Essentials:** Build healthy habits with an on-demand self-care library featuring research-backed videos, articles, and meditations within the app.
- **Lyra Self-Guided Care:** Lyra will craft a personalized six-week digital care plan with activities that directly address your goals at your own pace.
- **Lyra Coaching:** Meet regularly with a certified mental health coach to help you with challenges such as anxiety, stress, relationship issues, or parenting challenges.
- **Lyra Therapy:** Lyra's high-quality therapists use evidence-based techniques proven to help develop new skills and strategies for dealing with problematic thoughts, emotions, and behaviors. Providers specialize in working with adults, couples, families, adolescents, and children so you are better equipped for whatever challenges you may face.
- **Lyra Renew:** Lyra can help you change your relationship with alcohol—whether you want to drink less or stop drinking.

Start your path to better mental health by visiting honorhealth.lyrahealth.com, downloading the Lyra Health app to your phone, or calling 833-511-0967.

Meet the Lyra Team

Lyra's Care Team is available 24/7 to assist and support you with finding a provider. If you need support for autism spectrum disorder or finding rehabilitation facilities, the care team can help you access options matched to your unique needs. For members experiencing self-harm or suicidal thoughts, Lyra provides immediate support and safety planning. Available for kids 2-13, teens, and adults.

Work-Life Services

Lyra offers work-life services to help you and your family during challenging times:

- **Financial:** Talk with a financial advisor or CPA.
- **Legal:** Access an attorney or mediator, 24/7 emergency services, and an online legal library.
- **Identity theft:** Consult with a fraud resolution specialist to restore your identity and good credit.
- **Child, elder, and pet care:** Access childcare, eldercare, and/or pet care resources and referrals.

Cancellation/no show fee: Prior to booking a session with a Lyra provider, the member will be asked to agree to the provider's cancellation policy (in most instances, this is 24 hours). Sessions canceled within 24 hours of the appointment start time or sessions that are not joined within 15 minutes of the start time will be subject to a missed session fee.

Missed session fee: Members can call/email the care team for support/questions about a missed session fee. Lyra's billing team will send a form link to dispute the missed session. Alternatively, a provider may dispute a session on behalf of a member and advocate for their fee/session to be reversed.

Mental and Behavioral Health Counseling Services

MAGELLAN BEHAVIORAL HEALTH—FOR MEDICAL PLAN MEMBERS

HonorHealth's mental and behavioral health benefits are administered by Magellan Health Services. If you are enrolled in the HonorHealth medical plan, you and your covered dependent(s), can access confidential care from the comfort of your home.

With Magellan Behavioral Health services, you can speak to a counselor on your terms and reap the benefits of telehealth:

- **Privacy:** You can meet with a counselor in the privacy of your own home, car, or office for a real-time, two-way conversation.
- **Convenience and cost-savings:** Because you don't have to drive to an office, you'll be able to save time and money, while practicing smart physical distancing.
- **Faster access to mental health services:** Counselors are typically available for appointments much sooner than conventional counselors.
- **Flexible appointment times:** Counselors are available evenings and weekends, so you can schedule a time that works for you and your life.

To get started:

1. Call 800-424-4238 or visit magellanascend.com.
2. Log into your existing account or sign up for a new account.
3. Click on "Find Care."
4. On the Location tab, under "Choose a Provider List," select "Behavioral Health Program."
5. Enter your zip code, select your distance, and click on "Search."

Magellan's NeuroFlow app:

Magellan's online behavioral health portal includes a digital program for life, mind, and body. This program is powered by NeuroFlow and is available via app and website. NeuroFlow's platform includes digital cognitive behavioral therapy modules (DCBTs), as well as an easy way to find virtual and brick-and-mortar providers.

Register and complete a quick survey to access activities like breathing exercises, journaling, tracking how you're feeling, and the DCBT modules. You can complete activities, see your progress, and earn badges.

Download the NeuroFlow app and connect it to your activity trackers like Fitbit, Garmin, MyFitnessPal, etc., through Apple Health or Google Fit to track you progress.

HEADSPACE

HonorHealth offers access to Headspace—an app designed to support your wellbeing—to all full- and part-time employees **at no cost**.

In just 10 minutes a day, Headspace can equip you with valuable skills to promote better wellbeing and help you sleep better, get moving, and practice mindfulness through meditation.

With Headspace, you have access to:

- Guided meditations designed to reduce stress, improve focus and productivity, and much more.
- Sleepcasts and bedtime audio that can help you get a restful night's sleep.
- Quick workouts and guided cardio to benefit both your body and mind.

If you are a full- or part-time HonorHealth physician, resident, physician assistant, nurse practitioner, licensed practical or vocational nurse, registered nurse, case manager, care manager, psychiatrist, psychologist, licensed clinical social worker, or Arizona licensed behavioral health provider, visit work.headspace.com/honorhealth/member-enroll to create an account with your HonorHealth employee ID.

All other full- or part-time HonorHealth employees, please visit work.headspace.com/honorhealth/member-enroll to create an account with your HonorHealth employee ID.

COMMUNITY INFORMATION AND REFERRAL/SHELTER HOTLINE

For community information and referrals, call the Shelter Hotline by dialing 211 or visit 211arizona.org/.

JEWISH FAMILY COMMUNITY SERVICES

This local community agency takes into account insurance and sliding scale. Jewish Family Community Services (JFCS) has a sliding scale fee schedule, telehealth services, and an intake phone contact 602-256-0528.

Visit jfcsaz.org/programs-services/counseling-behavioral-health/ for more information.

CHICANOS POR LA CAUSA

Chicanos Por La Causa is an advocate for underserved individuals and communities that offers services for behavioral health concerns, domestic violence, HIV services, immigration services, parenting counseling, senior service, and substance abuse.

Chicanos Por La Causa offers several locations with multiple counseling, psychiatric, and therapy services. Call 602-257-0700 for more information.



Substance Abuse Issues

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides resources for those dealing with emotional distress or a crisis. Visit [samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline). Call the SAMHSA Disaster Distress Hotline at 800-985-5990 or text "talkwithus" to 66746. People with deafness or hearing loss can use the preferred relay service by calling 800-985-5990.

Resources to Help With Stress

- **Mindfulness toolkit:** [mindfulness.tools/](https://www.mindfulness.tools/)
- **Resiliency toolkit:** [resiliency.tools/](https://www.resiliency.tools/)
- **Meditation toolkit:** [meditate.tools/](https://www.meditate.tools/)
- **Meditation apps:** [calm.com/](https://www.calm.com/) and [insighttimer.com/](https://www.insighttimer.com/)
- **Practical ways of coping:** [Ten Percent Happier](#)
- **Free academic courses on a variety of wellbeing topics:** [The Science of Well-being: Yale](#)

Crisis Hotlines

In times of crisis, we all need somewhere to turn to. Utilize this detailed list of both local and national hotlines if you are experiencing stress or need help.

ARIZONA CRISIS CONTACTS

Organization	Contact Information
Terros Central AZ Crisis	602-222-9444
Crisis Preparation and Recovery (CPR)	480-804-0326
EMPACT Crisis Services	480-784-1500
Magellan Crisis line	800-631-1314
Maricopa County Suicide Hotlines	800-SUICIDE (784-2433) 800-273-TALK (8255) Text: 800-799-4TTY (4889)
Military Veterans Suicide Hotline	800-273-TALK (Press 1 for English; Press 2 for Spanish)
Maricopa Crisis Response Network	800-631-1314 602-222-9444
Sexual Assault Hotline	480-736-4949
Child Protection Service (CPS) Arizona Child Abuse Hotline	888-SOS-CHILD (888-767-2445)

NATIONAL CRISIS HOTLINE

Organization	Contact Information
National Hopeline Suicide Hotline	800-442-HOPE (4673)
National Suicide Prevention Lifeline	988 988lifeline.org
Department of Child Safety	888-767-2445 Visit dcs.az.gov/
National Domestic Violence Hotline (Bilingual)	800-799-7233
National Sexual Assault Hotline	800-656-4673
Shelter Hotline (for Victims of Domestic Violence and Homelessness)	602-263-8900 800-799-7739 Voice and TTY 24 Hour Bilingual Hotline



PHYSICAL HEALTH

Focus on ways to maintain your physical health. Eat a healthy diet, exercise, and get enough rest to feel refreshed each day.

Exercise

Daily exercise is important to maintain your physical and mental wellbeing. Here are tips to get fit both at home or at the gym.

- **Connect with nature.** Getting outside for a short 30-minute walk can have great mental and physical health benefits. Walk or run outdoors when you can to soak up some extra vitamin D.
- **Incorporate exercise into your routine.** Sit on an exercise ball at your home desk (make sure to use good posture) or use resistance bands for easy strength training.
- **Enlist the help of a personal trainer.** Most gym memberships offer introductory pricing with an in-house personal trainer. Check with your local gym to see if a personal trainer is available to help you establish a workout routine based on your needs, teach you the basics of weight lifting safely, and how to utilize the machines. Or, download your gym's mobile app to check out free workout videos and tutorials.
- **Involve the whole family.** Pick a time during your day or week when you (and the kids) can practice a quick yoga routine that allows you to get up, stretch, and engage your muscles.
- **Mix it up.** Bring sidewalk chalk with you on your outdoor walk and jot down funny or uplifting messages on the sidewalks to passersby to help spread kindness and brighten someone's day.
- **Socialize your workout.** Partner up with a friend or loved one to go for a walk, run, or to complete a workout class together. Exercising with a friend can help keep you accountable and enjoy your regular workout routine more.



Healthy Eating

In times of stress, making unhealthy choices can often make you feel worse. Try these healthy eating tips to keep you physically well.

- **Plan your meals.** Create a weekly menu for your household to avoid extra trips to the store, minimize takeout and food waste, and save money. Involve your family in the planning and preparation.
- **Color your plate.** Add as much color as you can to your plate by incorporating fruits and vegetables. Focus on variety, amount, and nutritional value.
- **Drink lots of water.** Try to drink at least 64-ounces or 8 glasses of water a day. Liven up your water with a slice of lemon or piece of fruit and limit alcohol consumption as much as possible to avoid dehydration.
- **Snack smart.** Reach for healthier snacks that support good eating habits like nuts, fruit, and vegetables. Plan and prep your snacks for the week as you would your meals.
- **Make every bite count.** Download the [Start Simple with MyPlate](#) app to revamp your nutrition with personalized eating plans and resources that are right for you based on your age, sex, height, weight, and physical activity level.

Resources to Stay Physically Healthy

- **Online guided workout videos (free for seven days):** [Centr workouts with Chris Hemsworth](#)
- **Create your own circuit training routine:** [American Heart Association](#)
- **Cardio, strength, and stretch videos:** [Fitness Blender](#)
- **Workout videos, challenges, and plans:** [Blogilates](#)



BENEFIT CONTACT INFORMATION

If you have any questions regarding your benefits, please contact our carrier partners.

- **Medical plan:** Learn what services are currently being covered by Ameriben; visit myameriben.com or call 602-231-8855.
- **Retirement account:** Visit empower.com/honorhealth or call 877-778-2100 for account information. Additionally, Empower Financial Services has committed to providing HonorHealth with resources to counsel our staff and provide guidance on the ability to access some portion of their retirement savings if faced with financial hardships.
- **Financial planning:** For a fee, you can receive three meetings per year (remote options available). Get help with setting financial goals, retirement planning, budgeting, college savings, and more. Contact Blakely Walters at 480-776-5897 or visit blakelywalters.com.