

Everyone talks about WELLNESS - ways to promote a healthy lifestyle - what options are available for employees of The Claremont Colleges (TCC)?

Wellness options through your health insurance provider: Do you have medical coverage with Kaiser or Anthem? Your insurance carrier provides resources to help with managing and preventing serious health conditions such as asthma and diabetes, keeping track of your health information, and saving money on fitness . . .

Kaiser Wellness Resources include:

- Free preventive care and immunizations
- Healthy Lifestyle Programs for:
 - Weight loss
 - Maternity and pregnancy
 - Smoking cessation
 - Insomnia
 - Diabetes management
 - Depression and stress management
 - And more . . .
- **24/7 Nursing advice (800) 464-4000**
- Wellness Coaching
- Discounts through ChooseHealthy and on alternative care such as acupuncture or massage.

To access these tools and services visit www.kp.org or call Member Services at (800) 464-4000.

Anthem Wellness Resources include:

- Free preventive care and immunizations (in-network only for Lumenos members)
- LiveHealth Online (LHO) access to doctors including private video chats covered by your regular copay
- **24/7 Nurseline (800) 977-0027**
- Condition Care advice nurses and resources for health problems such as . . .
 - Asthma
 - Diabetes
 - Heart failure
- Future moms resource for expectant mothers
- Discounts on health programs and fitness clubs including weight loss and gyms

To access these tools and services visit www.anthem.com/ca.

Cigna Dental Resources include:

If you have Cigna dental coverage, you also have access to **Cigna Healthy Rewards**, a discount plan for products and programs such as weight management, fitness, vision and hearing, alternative medicine and healthy lifestyle. Log on to www.mycigna.com to get started.

Maybe you have a non-medical issue that is troubling you or you don't participate in our health plans. . .

Our EAP (Employee Assistance Plan)

Our EAP can assist you with parenting or relationship problems, financial advice, or legal referrals. Employees and their dependents can receive up to **five counseling sessions** with a licensed therapist by phone or in person per family member, per issue. In addition, you can get support and referrals for everyday tasks including child and eldercare, household services, and personal services (such as shopping or dog walkers). To access any of these services, **call (800) 234-5465** or log on to www.liveandworkwell.com (access code: claremontcolleges) to get started.

Still have questions? Contact Benefits Administration for assistance with getting the most from your benefit plans (909) 621-8151 or BENREPS@claremont.edu.

Note: Additional resources may be available through your employer, please reach out to your human resources office for more details.