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We're excited to share added perks and discount programs offered through our benefits carriers! These programs provide access to a wide range of savings on everyday essentials, wellness services, shopping, and more. Whether you're looking to cut costs on gym memberships, enjoy the benefits of meditation, or protect your identity and plan for the future, these carrier-sponsored programs are designed to support your lifestyle and well-being. Read on to learn more about these valuable offers and make the most of your employee benefits.

Eligibility		Cost or Discount	
	Enrolled Employees		Free
	All Employees		Discount
			Cash Benefit

Carrier/Vendor	Eligibility	Cost or Discount	Summary
UHC			Calm Health App - Free access to personalized mental health wellness programs, including guided meditations, self-paced tools, and evidence-based learning content. Go to uhcapp.com/calm
			Employee Assistance Program (EAP) - Confidential 1-on-1 counseling, resources, and no-cost referrals with a master's-level specialist. To access, call the number on your UHC member ID Card or log in to myuhc.com
			One Pass - Access 19,000+ gyms and 24,000+ livestream/on-demand classes with flexible membership. No contracts. Log in to myuhc.com .
			Real Appeal – weight loss management program. Enroll at realappeal.com .
			UHC Rewards – Earn up to \$300 by tracking steps, sleep, or other healthy actions. Log in to myuhc.com , click “UHC Rewards” and follow the setup steps to connect your device of app.
			Earn It Off (Apple Watch Program) - Earn rewards for healthy actions. Use them to get an Apple Watch for little or no cost, then pay off the balance over 12 months using your earned rewards. Go to myuhc.com , click “UHC Rewards”.
Kaiser			Class Pass (At Home) - free access to on-demand videos. Log in to your Kaiser member account.
			Class Pass - In person at 40,000 studios and gyms to choose from. Free trial +20% off monthly package. Visit your Kaiser member portal.

Carrier/ Vendor	Enrolled or All EEs	Cost or Discount	Summary
Kaiser			Calm App - Free guided meditations, and mindful movement videos. Headspace Care – 24/7 text-based emotional support coaching. No referral required. Visit kp.org/selfcareapps .
			Weight Management – Work with your provider to build a personalized health plan. Contact your primary care provider to start a referral and create your plan.
			One Pass – Flexible memberships for gyms and classes. Enroll via your Kaiser member account under “Fitness Benefits”.
Lincoln			Employee Connect – 24/7 assistance program for employees and families. Call the Employee Connect hotline: 888-628-4824 (Username: LFGSupport, Password: LFGSupport1).
			Life Keys - Services that support current and future needs. Call the Employee Connect hotline or log in to GuidanceResources Online. EstateGuidance - Online will preparation. Visit estateguidance.com GuidanceResources Online - Digital program that offers confidential, company-sponsored support. Register at guidanceresources.com : (Username: LFGSupport, Password: LFGSupport1). Identity Theft - Tools and support for monitoring and resolution. Activate coverage through GuidanceResources Online.
Voya			Wellness Benefit - Provides an annual benefit payment for completing a qualifying health screening test. This payment is intended to encourage preventive care, and you typically receive a single benefit payment per year, even if you have multiple health screenings. Some examples of covered tests include routine physicals, mammograms, colonoscopies, and biometric screenings. Your benefit and your spouse's benefit is \$100. The benefit for child coverage up to \$200 annually (\$50 per child). Benefits apply per policy if you are covered under more than one plan. Complete a health screening, then submit proof through the Voya portal.
VSP			TruHearing – Discounts on hearing aids. Call TruHearing at the number listed on the VSP member site.
			Eyeconic - The official, in-network online store for VSP Vision Care members, offering a convenient way to shop for glasses, sunglasses and contact lenses. Visit eyeconic.com .
			Exclusive Member EXTRAS - Get access to more than \$3,000 in savings from VSP® and other popular brands. Log in at vsp.com .
Telus Health			Employee Perks Marketplace - Digital platform that offers employees exclusive discounts, cashback offers, and other savings on products and services. Download the Telus Health One app.
Cariloop			Caregiving benefit to support working parents and caregivers. Includes coaching, caregiving tools, and a network of providers. To activate your benefit, enroll at www.cariloop.com/register .

