

GW WELL-BEING PROGRAMS

Life Made Easier.

Resources for Living

An additional well-being resource available to you is the **GW Employee Assistance Program (EAP)**, which offers postdoc associates and scholars along with their immediate family members confidential, 24/7 access to professional counselors who can help with a wide variety of life challenges and concerns including relationships at home, issues at work and more.

The EAP also offers a free, confidential, unlimited phone-based Life Coach program that can help you with career exploration, parenting, communication, relationships, wellness goals and more.

When you contact the EAP, a professional counselor will assess your needs, provide up to 5 counseling and support sessions, and connect you with appropriate benefit programs and/or community resources – all at no cost to you.



Talkspace, the text therapy app, is now available through the GW EAP. Talkspace makes it easy and convenient to connect with a licensed behavioral therapist—from just about anywhere, at any time. Postdoc associates, scholars and their eligible dependents (13+ years and up) receive five weeks of text therapy (per issue) to be used within a 120-day window.

For more information or to access the resources available through the EAP, call 866-522-8509, or visit resourcesforliving.com and enter the username (GW-Wellbeing) and password (Yourlife).



Headspace

Headspace, the mindfulness app, is available at no cost to Postdoc Associates and Scholars. The app offers meditation, sleep, exercises and kids programs. [Sign-up](#) today using these [simple instructions](#). The app is available through April 19, 2022.

- Sign up using your computer or device, such as a tablet or iPhone. To use on a tablet or phone, the Headspace app will need to be downloaded first.
- Only your @gwu.edu email address can be used to sign up.



You are not required to be enrolled in a GW sponsored medical plan to have access or participate in any of these programs

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Health Advocate

Get personalized help through the healthcare maze

Health Advocate is a confidential free service for GW Postdocs. As the nation's leading independent healthcare advocacy and assistance company, Health Advocate offers assistance with resolving insurance claim issues, seeking additional information about a recent diagnosis and comparing plans to find what's best for you and your family. As a GW Postdoc, you are automatically enrolled in Health Advocate (at no cost). You do not need to participate in a GW medical plan to utilize Health Advocate. Health Advocate can help you:

- Find doctors, specialists, hospitals and treatments centers
- Find the health insurance plan that's right for you
- Untangle medical bills, uncover errors and negotiate fees
- Help estimate costs for medical procedures
- Locate eldercare and caregiver support resources Call (866) 695-8622 or visit healthadvocate.com/gwu.

Your assigned Personal Health Advocate (PHA) begins the process of working on your issue, no matter how long it takes and is available for follow-up needs. Health Advocate is meant to supplement your basic health coverage by providing a range of services to smoothly facilitate your interaction with healthcare providers and insurers.

Health Advocate can help your extended family too! Health Advocate is available to you, your spouse/domestic partner, dependents, parents and even your spouse's or domestic partner's parents at no cost to you!



Family Care via Bright Horizons

Bright Horizons Enhanced Family Supports™ offers back-up care, elder care, online tutoring, and STEM learning providers for your family. Services include:

- Free premium access to Sittercity to search for and secure babysitters, pet care providers, and housekeepers.
- Discounts on a local, personalized placement service that will help you find a full-time nanny.
- Discounts on tutoring, STEM programs, summer camps, and small-group classes for school-age children.
- Special privileges for full-time child care, such as preferred enrollment and waived registration fees at Bright Horizons centers.

The new **Elder Care benefit** can help when you in several scenarios, including when a want an opinion about a relative's care needs, short-term care options, or guidance throughout the caregiving journey. You can also:

- Manage your caregiving tasks through *Bright Horizons Elder Care™*
- Work with an **experienced Care Coach** to get answers to caregiving questions, on-site assessments of your relative's living arrangements, and referrals to specialized providers.
- Access your **care planning platform** to share information, coordinate schedules, and discuss your relative's needs with your Coach and family.
- Reserve in-home caregivers through *Bright Horizons Back-Up Care™*