

# GW WELL-BEING PROGRAMS

## Life Made Easier.

At some point in our lives, each of us faces a problem or situation that we can use help to resolve. When these instances arise, the employee assistance program (EAP) can help. The GW EAP powered by SupportLinc provides free, confidential support to help address life's challenges and demands that come with balancing home and work. EAP services offered include work-life solutions, financial, legal, and identify theft resource referrals as well as confidential counseling. You choose how you access care from in-the-moment support via phone and live chat to email, video counseling, textcoach, and in-person support. SupportLinc also provides online appointment scheduling in real time, vetted work-life referrals/resources, and more!

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

**Headspace**, the mindfulness app, is available at no cost to Postdoc Associates and Scholars. The app offers meditation, sleep, exercises and kids programs. Please visit [Headspace](#) to sign up today!

- 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 to or participate in any of the wellbeing programs found on Pages 22 and 23.**

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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

To get started, call (866) 695-8622 or visit [healthadvocate.com/gwu](https://healthadvocate.com/gwu). For added security, effective 12.12.24, eligible participants who have not previously registered for the Health Advocate member website and mobile app will now use an assigned code specific to GW to log in. GW's custom registration code is: 2V7AS5U. After initial registration, the code will no longer be needed.

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 **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™*.

Please visit [hr.gwu.edu/family\\_care](https://hr.gwu.edu/family_care) for details on these programs and get started today!