

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 per issue, and connect you with appropriate benefit programs and/or community resources – all at no cost to you.



Talkspace, the text therapy app, is 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. Please visit [Headspace](https://www.headspace.com) 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 23 and 24.



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.

For added security, effective 12.12.24, eligible participants who have not yet 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. If you have any questions or have trouble logging on, call Health Advocate at 866.695.8622 or email answers@healthadvocate.com.

Please note: If a user is already registered prior to 12.12.24, they won't need to do anything different in order to log in

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 for details on these programs and get started today!