



MAKE YOUR MENTAL HEALTH A PRIORITY!

SELF CARE

From ABLE TO

- Daily Mood Tracking
- Meditation Tools
- Collections
- Personalized Roadmap

Four Kinds of Support:

- Self-care
- Peer Support
- Coaching
- Therapy

Visit ableto.com/begin

EAP

EMPLOYEE ASSISTANCE ASSISTANCE

- Mental Health
- Minor injuries
- Stress and Anxiety
- Relationship worries
- Grief/Loss
- Legal concerns
- and More!

If you are **NOT** on one of our UHC medical plans, you need to mention account #306534 when you call: 877.660.3806



VIRTUAL VISITS

Dr. on Demand & Amwell

- Therapy
- Psychiatry
- Adolescent Therapy
- Menopause Counseling
- Pregnancy & Postpartum Therapy

FREE if you are enrolled in one of our UHC medical plans.

QUESTIONS? EMAIL: BENEFITS@CELEBRATIONRG.COM