

TAKE CARE OF YOU

EAP | MENTAL HEALTH AWARENESS | RETURNING TO WORK |
PHYSICIANNOW REMINDER | OPT-IN FOR BENEFITS TEXTS



OUR EAP IS HERE FOR YOU

We understand recent events may have you feeling stressed, depressed, or struggling with relationships. Our EAP is here to help! Acadia partners with LifeServices to offer you and your family members 24/7 support. Resources such as counseling, legal services, financial services, work life services, and more are often all you need. They are confidential and free of charge to all eligible employees and dependents.

If you would like to contact LifeServices EAP, call **800.822.4847**, or go to **www.lifeserviceseap.com** and access with:

Username: acadia

Password: employee

LifeServices EAP 1-800-822-4847

Work/Life Services...

Please enter your Username and Password to access Work Life Services.

Company Login

Company User Name:

Company Password:



MAY IS MENTAL HEALTH AWARENESS MONTH

Since 1949, May has been nationally designated as Mental Health Awareness Month to encourage greater public awareness of mental illness, remove the stigma, and promote much needed treatment.

With the current pandemic presenting a wide range of challenges and stressors in our personal and professional lives, it is a good time for all of us to pause and assess our mental health. Mental Health Awareness Month serves as a reminder that help is available and accessible.

Did you know 1 in 5 adults and 1 in 10 children experience a mental health issue during their lifetime? Since everyone faces challenges in life that can impact their mental health, it's important to be mindful of the anxiety, stress, isolation, and daily pressures we all face so they do not grow into something bigger. Check in with yourself daily!





RETURNING TO WORK

As we return to work after going through such unprecedented times, we understand the fear and anxiety around what the new “normal” will be. We will be sure to communicate specifics of our return to work plans as needed, but the below apply in every situation. Upon returning to work, remember to:

- + **Avoid close contact**—Maintain social distancing by staying 6 feet apart
- + **Wear a face mask**—The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain
- + **Keep hands clean**—Wash with soap and water for 20 seconds
- + **Avoid touching your face**—Viruses can be spread through touching your mouth, nose, and eyes
- + **Clean surfaces**—Clean and disinfect frequently touched surfaces
- + **Stay home if you are sick**—If you are sick, stay home or if you begin to feel sick at work, leave the office immediately



While some of us will just be returning to work, its important we remember to say **THANK YOU** to our Acadia essential workers who have been on the front lines throughout this pandemic!



REMINDER! PHYSICIANNOW

Don't forget, you and your covered dependents have 24/7 access to virtual visits through PhysicianNow. If you aren't feeling well or you have a medical question and want to speak with a doctor, login at **www.bcbst.com/member**, call **888.283.6691**, or download the PhysicianNow mobile app. By visiting with a doctor virtually, it will remove the stress of having to get yourself or family members to the doctor during these unprecedented times. **Due to new COVID-19-related legislation, a PhysicanNow service counts as a regular office visit and is therefore covered 100%.**

TEXT MYACADIA TO 888111

Don't forget to opt in to receive benefit-related texts so you can get helpful information on-the-go! By opting-in you could be randomly selected to receive a prize! Congratulations to our latest winner from Oasis Behavioral Health!

