

## THE BEST BENEFITS YOU MAY NOT BE USING

PERKSPOT BROWSER EXTENSION | PREVENTIVE CARE | EMPLOYEE ASSISTANCE PROGRAM |  
THE EMPLOYEE CARE FUND | SUMMER SAFETY

### NEW! SAVE WITH PERKSPOT CHROME EXTENSION

The PerkSpot Discount Program offers thousands of exclusive discounts to Acadia employees, but oftentimes we forget to check PerkSpot for these savings. With the new PerkSpot Chrome Extension, saving just got a whole lot easier. This feature allows you to easily apply discounts and savings wherever you love to shop online.

- + **Download.** Search for the PerkSpot Chrome Extension in the Chrome Web Store and add it to your Chrome Browser.
- + **Browse.** Head to your favorite online stores to browse and shop. Discover discounts on travel, apparel, electronics, services, and more.
- + **Save.** If a discount is available, a notification will pop up in the top right corner of your browser. Click to gain access to the discount and start saving!

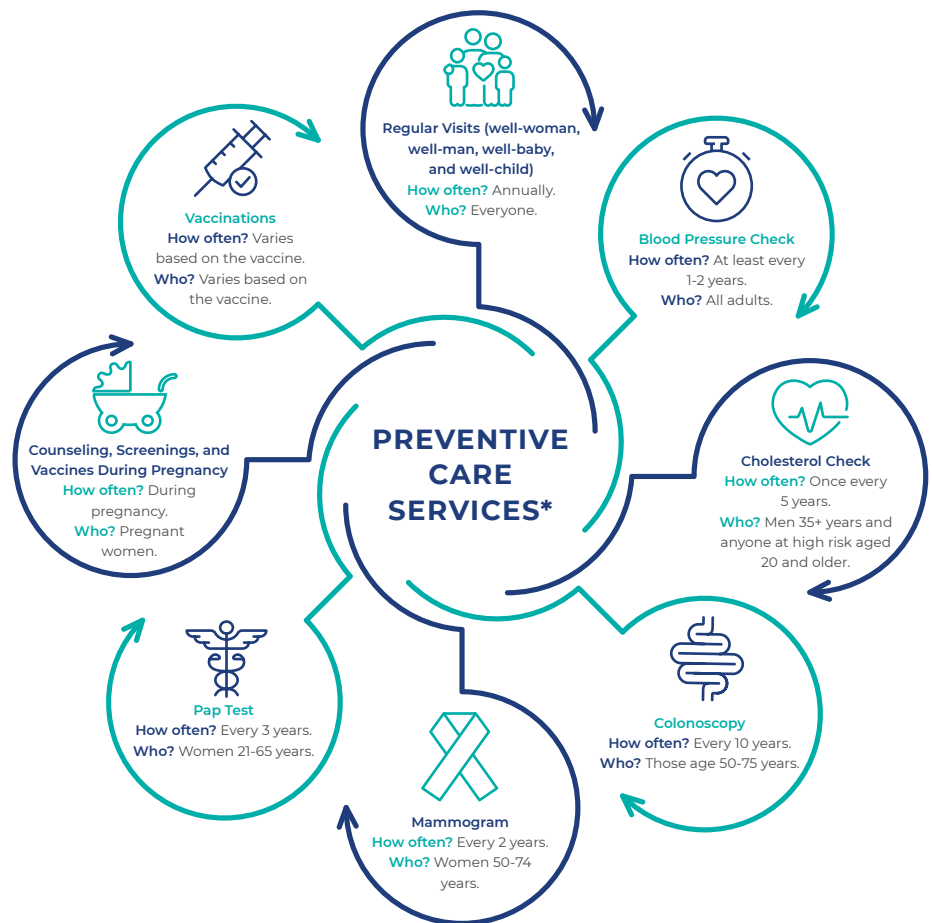
### AVOID A SCARE WITH PREVENTIVE CARE

Did you know in-network preventive care is 100% free to you if you are covered under one of Acadia's health plans? While an in-network preventive care visit won't cost you a penny, it could help you live longer and healthier.

#### What is Preventive Care?

Preventive care helps evaluate your current health status and may detect health problems early—before any signs or symptoms have appeared. Through regular preventive exams and screenings, you and your doctors can work together to manage your overall health. Discover the wheel of preventive care services available to you.

\* This is a list of some general guidelines for preventive care services recommended by the CDC. This list is not all-inclusive. Consult with your doctor for preventive care recommendations specific to you.



## SUPPORTIVE, EFFECTIVE, AND CONFIDENTIAL: EMPLOYEE ASSISTANCE PROGRAM (EAP)

Acadia partners with LifeServices EAP to help you and your family members address problems before they become unmanageable. These services are confidential and free of charge to all eligible employees and dependents.

### New all-in-one member portal and mobile app from LifeServices EAP

The new member portal and mobile app enables you to easily access 24/7 counseling, support, and personalized content from any device, anytime, anywhere, by phone, text, or chat.

Discover thousands of self-sourced resources like articles, webinars, calculators, videos, assessments, shopping discounts and interactive tools focused on health and wellness, family, aging, education, legal, financial, and more.



Steps to create account for the first time:

1. Visit [www.lifeserviceseap.com](http://www.lifeserviceseap.com)
2. Click "Member Portal & App"
3. Enter Acadia's company code: LS0230
4. Click "Create a New Account"
5. Follow the prompts by adding an email address, username, and password



Steps to add the mobile app to your device:

1. Access the portal from your mobile browser by visiting [mylifeexpert.com/login](http://mylifeexpert.com/login) or scanning the code with your camera



2. Log in with your username and password
3. Select your browser's share icon and click "Add to Homescreen"

For questions, contact LifeServices EAP by calling **800.822.4847** or visiting [www.lifeserviceseap.com](http://www.lifeserviceseap.com).

## THE EMPLOYEE CARE FUND

The Acadia Employee Care Fund provides short-term, emergency support to employees confronted with serious financial hardship due to extreme circumstances. This financial support is reserved for those unable to afford housing costs, utilities, and other basic living expenses.

The Fund also gives employees the opportunity to donate in support of colleagues who may experience such a hardship. If you are interested in contributing to the Fund, contact your HR representative.

## SUMMER FUN STARTS WITH SAFETY

The warmer months are ahead of us! Emergency room visits often jump during these months from common summer-related accidents or illnesses. Here are a few tips to stay healthy this season:

- + **Protect yourself from the sun.** Too much exposure to the sun can lead to sunburns, wrinkles, sunspots, damage to skin and eyes, or developing skin cancer later in life.
  - + Stay in the shade as much as possible between 10 a.m. and 4 p.m.
  - + Wear sunscreen with SPF 15 or higher and remember to reapply every two hours
  - + Cover up with long sleeves, long pants or skirt, hat, and sunglasses
- + **Hydrate often.** Drinking lots of water can prevent your body from becoming dehydrated, feeling overheated, tired, and irritable.
  - + Carry a water bottle with you and refill it throughout the day
  - + Choose water—even if it's sparkling water—over sugary, caffeinated, or alcoholic drinks
  - + Add a wedge of lime or lemon to your water, improving the taste and helping you drink more water than you usually do
- + **Take precautions in your activities.** Whether you plan to go swimming, exercising, or camping, it's important to practice safety to avoid accidents and injuries.
  - + Always supervise children when swimming
  - + Always wear your helmet when biking, skating, rollerblading
  - + Beware of mosquitoes and use repellent

## BOOKMARK YOUR BENEFITS

Bookmark Acadia's dedicated benefits website, [www.myacadiabenefits.com](http://www.myacadiabenefits.com), on your browser. View your important benefit documents, helpful resources, insurance contact information, and more. This site is also accessible through Acadia's My Company page.

## GO MOBILE WITH US (AND WIN PRIZES THIS SPRING!)

Subscribe to Acadia's texting tool for helpful benefits-related information. You will also be entered to win great prizes, like gift cards and other big-ticket items given away quarterly in 2021. Text "MyAcadia" to **888111** to join. Message and data rates apply.