

FALL INTO WELLNESS

HEALTHY SEASONAL REMINDERS | FINANCIAL AND MENTAL WELL-BEING
UPDATE YOUR INFO BEFORE OPEN ENROLLMENT | APPS FOR ACADIA BENEFITS

STAY HEALTHY THIS SEASON WITH PREVENTIVE CARE

As the crisp autumn air rolls in, it's the perfect time to reset routines and refocus on wellness. Whether you're juggling busy family schedules or simply adjusting to the seasonal shift, may this fall be a time of balance, resilience and well-being. Read on for helpful reminders and benefits resources to keep you and your family feeling your best.

Schedule Family Immunizations

While fall brings us plenty to look forward to like sweater weather and holidays, it also tends to bring the sniffles. If you haven't already, prepare yourself and your family for cold and flu season by getting your immunizations now. You can also keep yourself safe from other diseases along the way — for example, if you're over 50 years old, you can protect yourself from shingles with a vaccination.

Best yet, if you're enrolled in an **Acadia medical plan**, these preventive shots are 100% covered. Get protected against illness today at your in-network doctor or local pharmacy. To find a doctor, use the **National Provider Search Tool**; California employees can use the **California Provider Search Tool**.

Don't Skip Your Annual Checkup

Now is a great time to check in with your health. If you haven't had a physical in the last year, take a moment to make an appointment with your primary care physician. The benefits to you are huge: getting a checkup every year can help you and your doctor catch issues before they get serious.

If you're enrolled in an Acadia medical plan, this annual visit is 100% covered when you go to an in-network provider.

FSA/HSA Reminders

If you're contributing to a **Flexible Spending Account (FSA) or Health Savings Account (HSA)**, congratulations on making a financially savvy choice. Don't forget that you can use HSA or FSA funds for expenses like **new eyeglasses** or **dental visits** as you gear up for back-to-school season.

FSA:

- + Healthcare FSA: This account can help pay for medical deductibles, medical and dental copays, eyeglasses, hearing aids, prescription drugs and more.
- + Limited Healthcare FSA: This account covers dental and vision expenses, such as dental services, braces, eye exams and eyeglasses.
- + Dependent Care FSA: This account helps pay for child or adult daycare, nursery school or preschool.

Remember: At the end of the year, you lose any money left in your FSA, so spend your FSA dollars by December 31, 2025.

HSA:

- + Health Savings Account (if you are enrolled in a High Deductible Health Plan): This account helps pay for copays, deductibles, dental and vision care and wellness-related items, such as sunscreen, maternity care items and more. **Funds in this account belong to you and are always yours — no expiration date!**

To check the account balance of your HSA or FSA, log in to wexinc.com or call 866.451.3399. You can also view a comprehensive list of eligible FSA and HSA expenses.

FUEL YOUR FINANCIAL AND MENTAL WELL-BEING

Get an Educational Boost with Tuition Reimbursement

Lifelong learning is important, but it's no secret that education costs can be daunting. That's why Acadia partners with EdAssist to offer you up to \$3,000 per year in tuition reimbursement for courses that support your career development as an eligible employee. EdAssist also provides exclusive tuition discounts at more than 230 accredited schools within their network.

For more information about the scope of this benefit and help planning your educational financing, scan the QR code. You can even sign up for a free session with expert coaches who can assist you in your education journey.



Make the Most of Your Money with EarnIn

Fall is a great time to learn about managing your finances and making informed decisions. The EarnIn app can help you feel more financially confident; it allows you to access a portion of your earned but unpaid wages before payday, helping you cover unexpected expenses and avoid overdraft fees.

To begin using EarnIn:

Visit earnin.com for details and to download the app. When prompted for your employer, enter "Acadia Healthcare."

De-stress and Thrive with Mental Health Resources

We all need a little extra help now and then. Our **Employee Assistance Program (EAP)** powered by CuraLinc offers you and your family free, confidential support services to help with anxiety, grief, family support and more.

Enrolled in Acadia's medical plans? Get mental health benefits through UMR including access to in-network therapists, psychologists and virtual therapy options.

Learn more about Acadia's mental health resources.

Lend Support with the Employee Cares Fund

Our **Employee Cares Fund** supports colleagues facing unexpected circumstances. Whether it's a medical emergency or a natural disaster, your donation helps provide financial relief to teammates when they need it most. Please consider supporting the Employee Cares Fund, so we can continue bringing light and hope to colleagues during some of the most challenging times of their lives.

Visit the Acadia benefits website from any device for 24/7 access to all of your benefits-related information and resources.



UPDATE YOUR INFO IN UKG BEFORE OPEN ENROLLMENT

Open Enrollment is right around the corner. Make sure you're getting important information by updating your name, mailing address and phone number in UKG.¹ Log in to **UKG** and select **Myself > Personal > Name, Address and Telephone**. From there, navigate to the far right **Things I Can Do** menu and click **Change Name, Address, Telephone** to access the form.

¹ If you are opening an HSA, you cannot have a P.O. Box address for verification purposes. You must provide a standard mailing address.

LOG IN TO UKG

- + **Single Sign-On Users:** acadia.ultipro.com
- + **All Other Users:** myacadiahealthcare.com
- + **UKG Pro Mobile App:**
 - + Download the UKG Pro App for **Apple** or **Android**.
 - + Use company code: ACAHC.
 - + Log in using your UKG credentials.

ACADIA BENEFITS APPS ARE JUST A CLICK AWAY

These apps will help you access and manage your benefits no matter where you are.

PROVIDER	LINK TO DOWNLOAD APP	WHAT CAN I USE THE APP FOR?
UMR	Apple Android	<ul style="list-style-type: none"> + Access your digital ID card + View your plan details + Find out if there is a copay for your upcoming appointment + Contact UMR's member support team
Teladoc	Apple Android	<ul style="list-style-type: none"> + Register for an account + Book a virtual doctor's visit
MetLife	Apple Android	<ul style="list-style-type: none"> + View and update claim and leave information + Set up direct deposit for benefits payments + View coverage details + Submit claims/view claim status + Upload documents
CuraLinc	Apple Android (Group Code: acadia)	<ul style="list-style-type: none"> + Text therapy + Counseling services + Emotional fitness assessment

PROVIDER	LINK TO DOWNLOAD APP	WHAT CAN I USE THE APP FOR?
Express Scripts	Apple Android	<ul style="list-style-type: none"> + Check medication prices and coverage + Find an in-network pharmacy + Set reminders
Kaiser Permanente For California-based employees enrolled in a Kaiser Permanente medical plan	Apple Android	<ul style="list-style-type: none"> + View your medical history + Find doctors, facilities and pharmacies + Get care online, by phone or in person
UKG Pro	Apple Android (company code: ACAHC)	<ul style="list-style-type: none"> + Enroll in benefits (open enrollment, new hires, re-hires) + Upload dependent documentation + Complete qualifying life events + Update beneficiaries
Delta Dental	Apple Android	<ul style="list-style-type: none"> + View mobile ID card + Find an in-network dentist near you + View claim status
VSP Vision Care	Apple Android	<ul style="list-style-type: none"> + View member ID card + View claim history + Find an in-network eye doctor near you + Access exclusive member extras
Empower	Apple Android	<ul style="list-style-type: none"> + Check your balance + Change your allocation selections + Change your savings rate + Update your beneficiary
PerkSpot	Apple Android	<ul style="list-style-type: none"> + Access exclusive employee discounts
WEX	Apple Android	<ul style="list-style-type: none"> + Check your balances and view account activity + Use the expense scanner to determine eligibility + File a claim/check status