



Be your *best!*

Your behavioral well-being resources



Have questions about your benefits?

Call the Associate Experience Center at 888-255-2260 option 2, M-F, 8 a.m. to 6 p.m. MT

Well-being isn't just about your physical health. It's also about maintaining a healthy behavioral and emotional balance so you have the resilience to take on life's stressors and cope with any big changes that come your way. Learn about the benefits Albertsons Companies offers to help you handle everyday challenges and ease your mind.

Employee Assistance Program (EAP)

What

Stress. Depression. Juggling finances. Life can be messy. The Employee Assistance Program (EAP) is here to help. You and your family members can get up to three confidential counseling sessions by phone or in person per issue per year—for free through the EAP.

Who

Available to all non-union benefits-eligible associates, their household members, and other eligible associates.

Why

We could all use some help from time to time. You may have supportive friends and family, but an objective, trained support professional can often provide the kind of unbiased assistance your loved ones can't. A brief conversation with the right person can be just what you need to start feeling better.

Highlights

- Assistance with mental health issues, stress management, work-life balance, financial and legal matters, and more.
- Convenient, reliable support that's completely confidential.
- Get referrals to resources and services to help you manage everyday tasks and simplify your life.

Connect

ComPsych EAP



Call: 877-294-3271



Website:

guidanceresources.com

Web ID: ALBERTSONSCOMPANIES

Counselors are trained support professionals and are available 24/7.

The Guidance Resources website provides information, tools and support.

Log on to access:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



Mobile App: **GuidanceNowSM**



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GuidanceResources Worldwide

COVID-19 Webinar Series

COVID-19 guidance on a range of topics

CHECK IT OUT



Telemedicine



What

Teladoc is a convenient, affordable option when you need care quickly for common medical issues, such as cold and flu symptoms and ear infections for \$20! You can also connect with experts for behavioral health visits. Whether you need help with one issue or want to talk with someone on a regular basis, behavioral health experts are available from 7 a.m. to 9 p.m. local time. You'll pay \$20 per visit. If you are enrolled in the Blue Cross HDHP, all Teladoc visits are subject to the deductible. Once you meet the deductible, you'll pay 30% coinsurance.

Who

Teladoc is available to non-union associates and their covered dependents age 13 and older enrolled in a Blue Cross of Idaho (BCI) medical plan.

Why

Taking care of your mental health is an important part of your overall well-being. You and your covered dependents can speak with a board-certified doctor, psychiatrist or expert mental health provider for help with anxiety, depression, grief and more through convenient phone or video consultations!

Highlights

- You and your covered family members age 13 and older can get care from anywhere.
- Schedule an appointment to see a psychiatrist, psychologist, social worker or a licensed therapist.



If you are enrolled in a Kaiser plan, you have access to telemedicine services directly through Kaiser's appointment call center. When you call in, you'll be given the option of having a telephone or a video visit. There is no cost for these services. Call M-F, 8 a.m. to 5 p.m. local time.

- Kaiser Northern CA: 800-464-4000
- Kaiser Southern CA: 800-900-3277
- Kaiser Northwest (OR & SW WA): 855-632-8280
- Kaiser WA: 888-287-2680
- Kaiser CO/Southern CO: 303-471-7700/866-702-9026
- Kaiser GA: 800-611-1811
- Kaiser Mid-Atlantic (MD, VA, DC): 866-530-8778
- Kaiser HI Oahu/Neighbor Islands: 808-945-7600/888-945-7600

Connect

Teladoc  **Call: 800-835-2362**

Medical visit: 7 days, 24/7
Behavioral health visit: 7 days,
7 a.m. to 9 p.m. local time

 **Website:** [Teladoc.com](https://www.teladoc.com)
 **Mobile App:** Teladoc

You will need your BCI subscriber ID number found on your medical ID card to set up your account.





Well-being

What

Virtual (telephonic or email) coaching includes lifestyle management, nutritional and physical well-being at no cost.

Who

Well-being coaching is available to non-union associates enrolled in a Blue Cross of Idaho (BCI), Select Health or BCBS Illinois HMO.

Why

A well-being coach can help you reduce the impact stress has on your body, understand nutrition, and increase energy and vitality to become the best version of yourself.

Highlights

- Online wellness workshops include mental health, financial wellness, sleep, stress, life balance, social stress and more.
- Quarterly wellness challenges are also available with a chance to win prizes like \$50 gift cards.



What

Healthy lifestyle programs include lifestyle management, nutritional and physical and emotional well-being. Telephonic wellness coaching addressing sleep, stress and life balance. Self-care apps also available.

Who

Healthy Lifestyle programs are available to associates and dependents enrolled in the Kaiser medical plan.

Why


Everyone needs support for total health—mind, body and spirit. Self-care tools support people looking for ways to manage stress and build resilience, improve awareness and adapt to life particularly in uncertain times.

Highlights

- Chat with a Doc program in CO, GA and WA allows for quick advice from a Kaiser Permanente doctor online and in real time.
- Kaiser members have free access to Calm (meditation platform) and myStrength (behavioral health platform) as well as access to Kaiser digital self-help tools. kp.org/selfcareapps

Connect

Well-Being Coach or Registered Dietician

 **Call:** 208-286-3807 or 855-216-6844, M-F, 8 a.m. to 5 p.m. local time

 **Email:** wellconnectedcoach@bcidaho.com

Connect

Well-Being Coach or Registered Dietician

 **Call:** Kaiser's Appt Call Center for your area. See page 2.

 kp.org/mentalhealth

If there are any differences between this toolkit and the plan documents, the plan documents will be followed. Albertsons Companies reserves the right to amend or terminate the plans in whole or in part at any time. This information applies to certain associates participating in the Albertsons Companies Health and Welfare Plan. This information may not apply to certain union-represented associates unless specifically provided in a collective bargaining agreement.

