



# Be the best version of you!

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](https://guidanceresources.com)

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:**  
**GuidanceNow<sup>SM</sup>**



## Telemedicine



### What

Teladoc is the telemedicine provider for Blue Cross of Idaho members with coverage for non-emergency medical conditions, mental/emotional health, dermatology and nutrition. You can 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.

### 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 talk to a therapist or psychiatrist of your choice 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 talk to a licensed therapist or psychiatrist.



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

You have three ways to set up a Teladoc account:

1. Go to [Teladoc.com](https://www.teladoc.com)

2. Download the Teladoc mobile app:  

3. Call **800-TELADOC (835-2362)**

## myStrength Digital Emotional Support



### What

myStrength is designed to help with life's challenges by supporting positive changes and improving your overall well-being. It offers support for anxiety, depression, stress and managing life events through a range of guided programs and tools available 24/7 on the myStrength website and app. It's completely free—you don't pay anything to access myStrength resources.

### Who

myStrength is available to all associates eligible for company health plans and their dependents age 18 or older.

### Why

Sometimes what you need is some in-the-moment support, and myStrength can help with that. The app gives you 24/7 access to personalized help designed just for you.

### Highlights

- myStrength starts with an assessment to get to know you and recommend the best tools, programs, or content for your specific situation.
- Depending on your assessment, myStrength could recommend a longer activity program, a breathing exercise, an article to read -- or something entirely different! It's personalized to you.

### Connect

#### Get started with myStrength

- Go to the [myStrength website](#).
- Click **Join Now** and fill in your name and date of birth and check the box to accept the Terms of Service.
- Follow the prompts, then add your email address and password.
- For registration code, use **ALBERTSONSCOMPANIES**. Then finish setting your account.

## Support for Learning Social or Behavioral Challenges



### What

RethinkCare provides associates raising children with learning, social or behavioral challenges up to 6 hours of teleconsultations per year with behavioral health experts at no cost when you access the benefit.

### Who

RethinkCare is available to all associates eligible for company health plans.

### Why

You get 24/7 access to tools and resources to help you and your care team in understanding, teaching, and better communicating with your child.

### Highlights

- Speak with board-certified behavioral therapists. Connect all members of your child's care team through one platform.
- Access comprehensive online treatment courses and over 1,500 short skill-building videos designed to help you improve your child's social skills and in-classroom behavior

### Connect

#### Get started with RethinkCare

- Go to the [RethinkCare website](#).
  - Enter enrollment code "**ALBERTSONSCOMPANIES**".
  - Complete the information requested.
-  **Have questions?** Call **800-714-9285**.

## Well-being coaching



### 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.

### 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](mailto:wellconnectedcoach@bcidaho.com)

## Healthy Lifestyle Programs



### 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](https://selfcareapps.kp.org)

### Connect

#### Well-Being Coach or Registered Dietician

 **Call:** 866-862-4295

 <https://healthy.kaiserpermanente.org/health-wellness/wellness-coaching>

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.