



Wellness Resources and Building Healthy Relationships

Day-to-day life can be stressful and your well-being is important to us. Here are resources that can support you and your family.

Your No-Cost Employee Assistance Program

To help you with personal needs, Genesys offers you and your immediate family 24/7/365 access to the confidential Employee Assistance Program (EAP). Your EAP can help with crisis intervention, mental health support, legal and financial issues and much more. Call **1-866-248-4094** or visit www.liveandworkwell.com (access code to browse as a guest: genesystele).

Also available through the EAP program is Talkspace, an online, 24/7 therapy service that allows you the flexibility to contact a therapist on your schedule via video, messaging or phone. To get started, call your Employee Assistance Program at **1-866-248-4094** to obtain an authorization code prior to registering your account. Visit www.liveandworkwell.com to create your account (first time only) and log in. You can also browse the website as a guest using the code genesystele. From the home page, click on the **Popular Tools** tile. Select the **Go to Talkspace** tile, choose a provider and message anywhere, anytime.

Prescription Medical Management

For UMR plans, take the guesswork out of managing your prescriptions with OptumRx. With OptumRx, you can easily manage your medications, claims, refill reminders and home delivery schedule with a few easy steps. You can also search for an in-network pharmacy and compare prescription prices through the mobile app. Visit genesyshealthplan.com to log in or download the mobile app [here](#).

For Kaiser plan participants, visit www.kp.org for help managing your prescription benefits.

For HMSA PPO (Hawaii residents only) medical plan participants, visit <https://hmsa.com/help-center/member-resources/>.

Financial Wellness

Financial wellness is also an essential part of your total well-being. However, managing finances can be a source of stress, and Fidelity can help. Visit www.401k.com for tools and resources to help you manage your money, plan for life events and save for retirement. Also take advantage of **BrightPlan**, a benefit that helps you achieve your most important financial life goals with on-demand articles, videos, budgeting tools and investment advice. Read on to learn more with BrightPlan's ongoing financial webinar series.

Upcoming BrightPlan Webinars



Friday, July 9: Choosing Your Next Step: Save, Invest or Pay Down Debt?

Time: 10:00 am - 10:30 am PST

Registration Link: <https://web.brightplan.com/register/finance-fridays-choosing-your-next-step>

Description: Saving, investing, or paying down debt are all smart money moves. But when you have extra money in your budget, how do you find the balance between these competing priorities? Join us to learn these next best steps: • Prioritizing your financial life goals • The best ways to pay down problem debt • How much should you really set aside for emergencies • How BrightPlan can help you navigate these important decisions

Friday, July 16: Get Started with BrightPlan

Time: 10:00 am - 10:30 am PST

Registration link: <https://web.brightplan.com/register/get-started-with-brightplan-7-16-21>

Description: More people than ever are using BrightPlan to boost their financial wellness. Ready to get started? Your company provides you with access to BrightPlan so you can get solid financial advice in your best interest. We're hosting a 30-minute webinar to get you started. Join us to learn how easy it can be to keep track of your money, set financial goals, and chat with a financial advisor. You'll leave with a retirement goal, advice on how to invest your 401(k), and next steps to improve your financial wellness.

Friday, July 30: A Simple Approach to Tax Planning

Time: 10:00 am - 10:30 am PST

Registration Link: <https://web.brightplan.com/register/finance-fridays-simple-approach-to-tax-planning>

Description: On the surface the tax code can appear like a major challenge to understand. However, tax planning remains an essential part of your financial plan. Learn how to simplify your tax planning and legally pay less to Uncle Sam along the journey. Join us to find out: • How understanding your tax return and paycheck can save you money • Ways to maximize potential deductions and credits • Tips for reducing your taxable income (now or in the future)

Wellness Corner

Building Healthy Relationships

Maintaining healthy relationships can be a challenge, but they are critical in maintaining emotional wellness. Studies show that people with positive relationships handle stress better, have lower rates of depression and live longer. Read on to learn how to cultivate strong relationships to help you be happier and healthier.

- **Foster open communication.** Communication is key to building healthy relationships. Consider perspective, ask and listen, use clear and specific language and include children in decision-making.
- **Resolve conflict.** All relationships encounter conflict, but the ability to overcome conflict together is essential. Cool down, ask open-ended questions and talk it out. Working together to solve problems builds trust and connection.
- **Build resilience.** Resilience helps us maintain balance during difficult periods and recover from setbacks. Having supportive relationships helps us overcome adversity, and greater resilience leads to improved health, better coping skills and lower rates of stress and depression.
- **Share experiences.** Planning even simple activities with friends and family allows you the chance to connect and communicate. Studies also show that adolescents are happier and better adjusted in families who plan shared activities such as exercising or eating dinner together. For tips on building healthy relationships with children, visit <https://newsinhealth.nih.gov/special-issues/parenting/positive-parenting>.

[Medical \(UMR with UHC Choice Plus\)](#)

[Medical \(Kaiser Network\)](#)

[Medical \(Hawaii\)](#)