

Team Member Support Resources



At Thompson Thrift, we care deeply about our team members and are committed to supporting you through life's most difficult moments. Please know you are not alone, below are resources available to provide care, guidance, and support whenever you need it.

EMPLOYEE ASSISTANCE PROGRAM

Life brings challenges, and at times, we all need a little extra support. That's exactly what the ComPsych Employee Assistance Program (EAP) is here for; to provide you and your dependents with helpful resources and guidance when you need it most. They provide the first 3 sessions free per issue.

- 24/7 Live Assistance
- Call: (855) 239-0743
- Website: guidanceresources.com
- App: GuidanceNow
- Organizational Web ID: Guardian

MARATHON HEALTH

Marathon Health provides behavioral health services for team members and their families. They also provide access to comprehensive wellness workshops, navigating topics such as anxiety, sleep, and depression. Schedule an appointment with their trained professionals or complete a wellness workshop to support your mental wellness journey.

- Call: 866-434-3255
- Website: <https://my.marathon-health.com/login>
- Click 'Register My Account' to get started. Once in the portal, you will see the option to schedule virtual counseling. All sessions are free for Marathon.

ANTHEM NETWORK

Team members on the medical insurance have access to the Anthem network of providers. Whether you're seeking guidance, coping strategies, or someone to talk to, Anthem offers a range of confidential services to assist you.

- Website: <https://www.anthem.com/>
- Log in or sign up to register using your card information. Once on the portal, you can search for counseling through their network and get cost estimates for services.

ADDITIONAL RESOURCES

- Visit the [Family Impact Benefits Program website](#).
- Contact Shanoah Castlen (scastlen@thompsonthrift.com), Benefits Specialist.
- Contact the Benefit Help Desk (benefitshelpdesk@epicbrokers.com).

Your Life. Your Work. Your Best.®

Your GuidanceResources® Program

Sometimes life can feel overwhelming. It doesn't have to. Your ComPsych® GuidanceResources® program provides confidential counseling, expert guidance and valuable resources to help you handle any of life's challenges, big or small.

Services:

Confidential Emotional Support

3 face-to-face or virtual sessions per person, per issue, per year

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

Work and Lifestyle Support

- Child, elder and pet care
- Moving and relocation
- Shelter and government assistance

Legal Guidance

- Divorce, adoption and family law
- Wills, trusts and estate planning
- Free consultation and discounted local representation

Financial Resources

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

Digital Support

- Connect to counseling, work-life support or other services
- Tap into an array of articles, podcasts, videos, slideshows
- Improve your skills with On-Demand trainings

Online Will Preparation

- Quickly and easily complete a will on your computer with EstateGuidance®
- Specify guardians, trustees and property division
- Provide funeral and burial instructions

Wellness Support

Flexible 3-5 coaching session model

- Make positive lifestyle changes with health coaching
- Improve your nutrition, exercise habits, weight loss efforts
- Get help with smoking cessation, back care, resiliency and more

Life is challenging. We can help.
Confidential 24/7 support.



24/7 Live Assistance:
Call: (855) 239.0743
TRS: Dial 711



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Web ID: Guardian



Your mental health matters

Mental health services (ages 12+)

Did you know almost one in five people struggle with mental health issues? It's totally normal to find it tough to talk about, but remember, your brain is just as important as your body. Let's take care of both.

Need someone to talk to? We're here for you. Marathon Health offers mental health counseling services exclusively to you and you covered dependents at no additional cost. Whether you are feeling stressed, have anxiety and/or depression, relationship issues, trauma or other mental health concerns, our mental health providers are here to support you. We're here to listen.

We're here to listen.

Your employer understands mental health is important and has created a supportive environment to encourage you to maintain your overall health. We offer counseling for individuals, couples and families to help you make improvements.

Mental health services

- Anxiety, excessive worries
- Depressed mood, sadness
- Grief
- Irritability
- Stress
- Trauma
- Relationship concerns
- Substance or alcohol misuse

Suicide & crisis lifeline:

Call or text 988

Crisis text line:

Text the phrase HOME to 741741



Schedule an appointment
Call 866.434.3255
or visit my.marathon.health



**Family Impact
Benefits Program**
LIVE HEALTHY. BE PRESENT. GO PLAY.

Emotional Well-being Resources

Self-help digital tools to support you anytime, anywhere



With **Emotional Well-being Resources**, you have access to help you live your happiest, healthiest life.

You'll learn effective ways to identify thoughts and behavior patterns and how to manage:

- Anxiety
- Sleep issues
- Social anxiety
- Drug and alcohol use
- Depression
- Panic
- Stress
- Worry

Proven principles with you every step of the way

Built on Cognitive Behavioral Therapy (CBT)



Access personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to help improve your mood.



Attend live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.



Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

- Log in to **anthem.com**, go to **My Health Dashboard**, choose **Programs**, and select **Emotional Well-being Resources**.
- Download the **SydneySM Health** app, choose **Menu**, select **My Health Dashboard**, go to **Featured Programs**, and choose **Emotional Well-being Resources**.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2023

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in PDS policies offered by Compcare Health Services Insurance Corporation (Compcare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compcare underwrites or administers HMO or PDS policies; WCIC underwrites or administers Well Priority HMO or PDS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

