

The background is a stylized illustration. It features a person's legs and feet, rendered in a dark brown color with a fine, wavy texture. The person is standing in a body of water, which is a teal color. Several large, pink lotus flowers with yellow-orange centers are scattered around the person. The overall style is artistic and modern.

US Benefits Well-being resources

Kelly Zigich, Benefits Consultant
Kimya Cotton, Benefits Supervisor—
Training & Communications

US Benefits learning session
2025

Employee Assistance Program (EAP)

Via
UnitedHealthcare:
Calm Health,
Talkspace

Via
Kaiser Permanente:
Calm, Headspace
Care, Class Pass

CareCounsel

Well-being

RethinkCare

Wellhub

Wellthy

Optum Behavioral Health
(liveandworkwell.com)

Amwell telehealth

Agenda

Well-being resources

- General
 - Employee Assistance Program
 - AmWell Telehealth
 - Wellhub
 - RethinkCare
 - Wellthy
 - CareCounsel
- Medical insurance-specific
 - UnitedHealthcare
 - Kaiser Permanente
- General resources



Employee Assistance Program (EAP)

Available to all employees

- Free, confidential counseling services for employees, including household members
- Leverage up to 10 visits per concern, per year
- Enrollment in Oracle medical insurance not required
- +1.866.728.8413—available 24x7

Online educational resources

- www.liveandworkwell.com (browse as a guest using Oracle's company access code: 228485)
 - Articles, toolkits, webinars

Important:

Mental health and substance use outpatient care beyond the free EAP visits are managed through your medical insurance plan (UnitedHealthcare, Kaiser Permanente, or external to Oracle)



Leverage the Calm app at no cost through Optum Behavioral Health.

Oracle employee testimonial:

"I am recovering from a heart attack and liver infection. Using EAP to speak to a counselor has been very helpful to me as I recover. I am getting great support – thanks!"

Amwell telehealth

Available to all employees

- Appointments with health providers via mobile device
 - Cost/co-payment determined by your elected medical plan
- Available providers and visit types include
 - General healthcare (available on-demand 24x7)
 - Nutrition consultations*
 - Lactation Consultations*
 - Therapy/Counseling*

** Appointment required*



Create an Amwell account:
www.oracle.amwell.com

Enrollment code: ORACLE

Link medical insurance
information to your account to
find your payment information

Wellhub

Through Wellhub, you have access to

- Gyms, fitness centers, studios
- Fitness classes
- Virtual personal training
- Well-being apps

How it works:

Enroll | Activate | Select plan | Start using Wellhub!

- Visit gyms
- Schedule classes
- Consider virtual personal training
- Download well-being apps

Contact Wellhub: <https://support.gympass.com/hc/en-us>

Starter Plan = free for Oracle employees



Find participating gyms near you:

1. Visit <https://wellhub.com/en-us/search/>
 - ✓ Scroll down to the search map
 - ✓ Enter your city, address, or zip code to search for gyms, fitness centers and studios
2. Search directly within the app

RethinkCare

Available to all employees

Create your free account using enrollment code **ORACLE**

RethinkCare provides free parental success and professional resilience support services.

- **Parental success** resources help you understand, teach, and better communicate with your child, including those with developmental and/or learning challenges.
- **Professional resilience** resources help you learn how to improve focus, manage career stress, build emotional intelligence, and communicate more effectively.



Available through RethinkCare:

- Comprehensive video library
- Webinars podcasts
- Teleconsultation/virtual coaching sessions
- Tips, articles, exercises
- Digital training

Wellthy

For employees with caregiving responsibilities

Personalized support to help you tackle the administrative and logistical tasks of caring for the ones you love, including yourself

Find support for

- **Special needs**—advocacy, expertise, and partnership
- **Aging**—for aging family members experiencing various life changes
- **Mental health**—ongoing support for those struggling
- **Financial hardship**—support for families feeling financially strained
- **Health conditions**—handling a tough diagnosis or ongoing condition
- **Childcare**—guiding parents through childcare learning options



[Learn more about Wellthy](#)

[Teen support](#)

[Grief/end of life support](#)

Veteran support

- ✓ Assistance gaining access
- ✓ Navigating coverage
- ✓ Finding emotional support

CareCounsel health advocacy

Confidential, FREE resource supporting you and your family

CareCounsel advocates can help you

- Better understand explanation of benefits statements
- Understand the appeals process for denied claims
- Assist with conferencing between you, healthcare provider, and insurance company
- **Understand Medicare and all its complexities**
- Understand your Oracle Benefits



CareCounsel
Monday – Friday
8:30am – 7pm CT
+1.877.519.6084, option #2

Medical insurance specific resources— UnitedHealthcare

Talkspace

- Real-time, virtual face-to-face therapy sessions
- Option to leverage EAP sessions through TalkSpace

Copayment determined by medical insurance plan election

Register online

- UHC Member ID number / Oracle Group number (found on your insurance card)
- Choose a provider at www.talkspace.com/connect
- Download app once registered

Calm Health

Get access to some of the Calm app's best content and more with Calm Health. Available at no cost.

Use Calm Health for

- Sleep stories
- Coping tools
- Guided meditations
- Personalized roadmap based on your goals

Ready to get started?

- Visit www.liveandworkwell.com, and browse with Oracle's company access code 228485



Access the Calm app

Without an Oracle UnitedHealthcare medical insurance plan

Visit www.liveandworkwell.com, and browse with Oracle's company access code 228485

Find information regarding Teledoc[®], Hinge Health and more in the [UnitedHealthcare Wellness services guide](#)

Medical insurance specific resources— Kaiser Permanente

Headspace Care

- Text-based, 1-on-1 emotional support coaching
- Self-care activities for common well-being challenges
- Daily health trackers In-the-moment coping tools
- Access this free app at kp.org/selfcareapps

Calm

- Guided meditation and mindfulness exercises
- 10-minute "Daily Calm" meditation available each day.
- Listen to a soothing "sleep story" or listen to music for focus, relaxation and sleep.
- Access this free app at kp.org/selfcareapps (*not available to Kaiser Washington employees*)

Access mental health and emotional support resources at
www.my.kp.org/oracle

Select your region to find specific information



ClassPass

- Members enjoy a special rate
- Access to 4,000+ FREE on-demand fitness classes, all from the comfort of home:
 - Cardio, dance, meditation, bootcamp, etc.
- Free trial, then 20% off livestream classes (50K / week)
- Access this free offer at kp.org/exercise

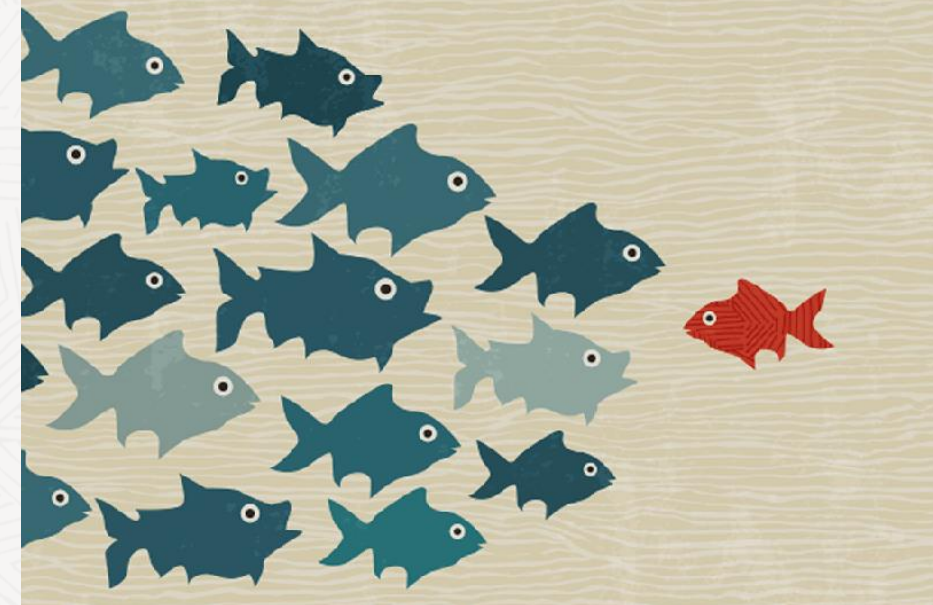
Upcoming and on-demand well-being webinars

Dr. Sinha health talks—current on-demand replays

- ❑ Personalized nutrition | Stress & energy management

Optum behavioral health—current on-demand replays

- ❑ Creating a culture of kindness | Managing family relationships
- ❑ Making time for fitness | Eating healthy for less
- ❑ Positive parenting | Teaching kids accountability
- ❑ Dealing with grief & loss | Coping with traumatic events
- ❑ Money and mental health | Men's mental health
- ❑ Making the most of your work day
- ❑ How to simplify your life | How to slow down
- ❑ Maintaining balance in life | Preventing burnout
- View the 2025 schedule



Stanford wellness webinars on-demand and upcoming webinars found [HERE](#)

[RethinkCare webinar schedule](#)
[Wellhub webinar schedule](#)

Other on-demand recordings posted on the [Oracle US Benefits Otube channel](#) | [Subscribe HERE](#)

Follow [#us-benefits](#) on Slack for short, simple messages related to your US Benefit programs and resources



Thank you

www.oraclebenefits.com
Contact US Benefits
Join [#us-benefits](#) on Slack!