



NUTANIX

Your all-in-one mental health, employee wellbeing solution at no cost to you or your family.

HELP WHEN YOU NEED IT*

Confidential Counseling*

In-person, Telephone, Video, Text, Chat

Experienced, licensed counselors help with:

- . Stress, anxiety
- . Major life changes
- . Communication
- . Grief and loss
- . Relationships
- . Substance abuse
- . Emotional wellbeing
- . Job stress



GETTING STARTED IS EASY

Just call **800-344-4222** 24/7 or visit **employees.concernhealth.com*** and log in with your company code **Nutanix**. Then click on "Get Services" to create your confidential digital dashboard. Check out **this video*** for a brief introduction to Concern.

Parent Coaching

Experienced parent coaches can help you understand the issues, guide you in making decisions and provide you with the tools to help you create healthier, more fulfilling relationships with your children.

In-the-Moment Support

In distress or just want to talk? Maybe you're worried about kids, anxious about work, or had a fight with a family member. A Concern counselor is here to listen and help you plan a positive next step.

Work-Life Resources

Receive expert guidance for life's expected and unexpected events, helping you find a happier balance at home and less distraction at work. Help with **financial*** issues, **legal*** concerns, **adult care*** resources, **parenting and childcare*** referrals.

Guided Mindfulness

Full suite of live and on-demand mindfulness solutions designed for daily use. Discover resources to help you build and sustain healthy habits. Access through your digital dashboard.

YOUR BENEFITS

Concern is available to all full-time employees working a minimum of 30 hours per week, and to their spouse/ domestic partner and dependent children (including children of domestic partners) up to age 26.

- **Counseling.** Up to **10** visits per person, per issue, per 12-month period.
- **Parent Coaching.** Three free telephonic sessions per year with an experienced certified coach.
- **Financial.** Free one to two 30-minute phone consultations with a financial specialist.
- **Legal.** Free 30-minute consultations with a qualified attorney. 25% discount off normal hourly rates if you retain their services.

**Open links for more detail*

What's happening in your life?

When you face challenges, ICAS International can help. Caring professionals are available 24/7/365 to help you address concerns both big and small.

Call or visit us online to receive expert assistance with:

Relationships

- I want to get along better with my significant other.
- How do I handle a difficult co-worker?
- My child acts out and I don't know what to do.

Wellbeing

- I want to start an exercise routine.
- How can I start eating better?
- It's time to quit smoking.

Emotional Distress

- Sometimes I feel sad and I'm not sure why.
- I worry more than I'd like.

Legal

- My identity has been stolen.
- I'm in a custody dispute.
- How do I set up a power of attorney for an elderly parent?

Stress

- What are some relaxation techniques?
- My schedule is always overloaded. Help!



Substance Use

- I worry that I might be drinking too much.
- What do I do if my child is on drugs?

Finances

- I want to buy a house. How much do I need to get started?
- What can I do about my debt problems?



Child and Elder Care

- I need good child care that fits my schedule.
- I am considering adopting a child. Where do I start?
- My aging parents live far away. What resources are available to help them?



Services are...

Free

- There is no charge for services provided by ICAS International. You will be advised of costs if you are referred to outside resources.
- ICAS International offers **10** free EAP counselling sessions per calendar year

Confidential

- The service is provided by ICAS International, a leading global provider of corporate wellness services. Any information you share is confidential, except when your safety or the safety of another individual is at risk.

Available 24/7/365

- Call toll-free **at the number for your location**. For out-of-country, please call **number for your location**. A consultant will answer your call and ask you a few questions in order to get a better understanding of the kind of support you need. Thereafter, you will be transferred to the appropriate professional. You don't need to give your name, but you'll need to say what company you work for.
- Access our website: <https://app.icas.health/>
- **Your company code: Nutanix**

Hub

Available on
IOS, Android





Your all-in-one employee
mental health and emotional
wellbeing solution.



NEW! Starting January 1, you and your eligible dependents will have up to **10** counseling sessions, per problem type, per person, per 12-month period.

Feeling burnt out? Need support?

Nutanix cares about the health and wellbeing of employees and their families. We recognize that stresses of everyday life can disrupt personal and professional lives and can impact your overall quality of life.

Concern Employee Assistance Program IS HERE TO HELP!

Introduction. Watch this [3-minute video](#) to learn more about Concern

Services. All services are FREE to you and your family. Services include confidential counseling, parent coaching, guided mindfulness, legal and financial consultations, parenting and childcare referrals, help with eldercare concerns, identity theft response, and access to a self-help digital library.

Eligibility. Employees, spouse or domestic partner, and dependent children up to age 26.

Getting Started is Easy

Concern is available 24 hours a day,
365 days a year

Call **800.344.4222** to talk with someone who can help.

Or visit employees.concernhealth.com and log in with your company code (**Nutanix**).

Then click “**Get Started**” to create your secure, confidential, personal dashboard

Digital Platform. Accessible from your phone, tablet, or computer, the platform is your digital front door to everything that Concern has to offer. You can request services, open guided mindfulness programs, and explore educational material and self-help tools at your convenience.

QUESTIONS? Call 800-344-4222