

# Benefits Playbook *Plays for Peak Performance*

This week's top plays focus on your physical and emotional wellbeing.



## **NEW!** Crossover's Be Well Benefits

New this year for **all employees** is Be Well benefits through Crossover. Be Well is a place to discover fitness, wellness, and self-care every day with your care team as your guide.

Be Well offerings include the following:

- **Fitness:** Fitness Assessments that help create a fully-customized fitness plan just for you. For those who want even more, you can explore Crossover's affordable personal training.
- **Live classes:** Crossover providers infuse healthy guidance into every aspect of your life through a variety of free, live classes for all fitness levels. Examples include resistance training, interval training, mobility, pain reduction, yoga, bootcamp, ergonomics, and Qi Gong.
- **On-demand classes:** If you can't find a live class that fits your schedule, some of the most popular classes are available via video to access any time.
- **Self-care:** Maybe you have a specific health topic you want to learn about—for example, acne, hip health, loneliness, or hair loss. The on-demand library has lots to read, watch, and listen to, so that you can take your self-care to the next level.
- **Podcasts:** Be Well podcasts are casual conversations with Crossover providers that offer real information on the health issues that members ask about. Listen while you commute, make dinner, or take a break.

Get started today with [Crossover](#).



## **Concern EAP Webinar**

**Topic:** Putting Out the Fire: Preventing & Managing Burnout

**Date:** February 22, 2023 (9-10 am PT)

**Location:** [Click here to join](#)

**Passcode:** 111271

Stress contributes to the development of many physical and mental health conditions, such as hypertension, diabetes, depression, and anxiety. Burnout impacts productivity, morale, and the financial bottom line due to the health-related costs. To manage prevent issues, join one of the EAP webinars presented by Concern.



## Rethink Benefits: Rebranded to RethinkCare

Rethink Benefits has rebranded and is now RethinkCare. As a parent, you are always looking for the best way to support your child. This is where RethinkCare comes in—from support for the teenage years, to advice and skill-building activities for children with Attention-Deficit Hyperactivity Disorder or Autism Spectrum Disorder.

RethinkCare is offered at no cost and gives your family 24/7 access to tools and resources to help you and your care team understand, teach, and better communicate with your child. This program is available to all parents and specializes in helping care for children with learning, social, or behavioral challenges.

With the recent rebranding to RethinkCare, there is now a new and improved platform with improved capabilities:

- New Parental Success solution to address the modern challenges of all parents, such as broadening adoption to all parents, and addressing professional resilience and personal wellbeing.
- Expanded content including access to two new training sessions: “Mental Health—Parenting Skills” and “Practice Mindfulness With Your Child.”
- Activities to build daily skills necessary for successful parenting.
- Recommended family wellbeing topics on your home page.
- Journaling to help you and your children work through difficult challenges to resolution.
- Favorite sessions and courses can be marked for repeat access.

[Learn more](#) about these enhanced benefits.

### **Currently registered with Rethink Benefits?**

If you have consultations scheduled, those will remain the same. Look for an email from RethinkCare with instructions for how to login.