Resources to Support Employee Emotional Wellness

**Move Into Mindfulness Program**
This Mind-Body Stress Reduction (MBSR) program utilizes both formal and informal mindfulness meditation practices to teach participants how to reduce stress, increase concentration, manage health problems and live more fully productive lives. The program consists of two 7-week series, Basics and Beyond the Basics, as well as advanced training on a variety of themes. Visit [wellnessconnection.wustl.edu/mindfulness](http://wellnessconnection.wustl.edu/mindfulness) to learn more.

**Employee Group Fitness Series**
Employees can purchase a subsidized pass for an 8-week group fitness series through a partnership between Wellness Connection and the Sumers Recreation Center. Our goal is to make it easier for employees to exercise during their day. Classes are available on the Danforth Campus, School of Medicine main campus and West Campus in Clayton. Research shows that exercise has mood-boosting effects. Register at [wellnessconnection.wustl.edu/GroupFitness](http://wellnessconnection.wustl.edu/GroupFitness).

**MyWay to Health Wellness Consultants**
This WashU faculty-developed program is rooted in 25 years of research and offers employees individual consultations with a registered dietitian. Participants work to set goals and overcome barriers to improving their health and quality of life. The focus is on eating a nutritious diet, building regular routines for exercise, establishing healthy sleep and emotion management practices. Schedule a session at [wellnessconnection.wustl.edu/MyWaytoHealth](http://wellnessconnection.wustl.edu/MyWaytoHealth) or call 314-286-0078.

**Work-Life Solutions (EAP)**
This employee assistance program offers free, confidential, 24/7 support and resources for employees and their family. Help is available for:

- Emotional counseling - consult with trained clinicians
- Legal issues – get guidance from an attorney
- Financial concerns – speak with financial experts
- Work/life resources - finding child or elder care to home repair and event planning

Call 844-365-4587 or visit [GuidanceResources.com](https://GuidanceResources.com) and enter the Web ID: WASHU

**UnitedHealthcare Nurse Advocate – Teresa Fisher, RN, BSN**
Teresa is a registered nurse with a broad range of experience in healthcare. She is located onsite at Washington University and is available to help employees address their health in a number of ways:

- Finding a mental health provider in the UnitedHealthcare network
- Assistance locating a provider who offers telemental health services
- Blood pressure, weight and BMI screenings
- Navigating UnitedHealthcare tools and resources

Contact Teresa directly at 314-440-3882 or [teresa.fisher@uhc.com](mailto:teresa.fisher@uhc.com)
UnitedHealthcare Behavioral Health
The UHC Behavioral Health benefit includes counseling services to help employees effectively deal with stressful and challenging situations. A specialist will help employees identify their concern and the appropriate resource to address it. If desired, the specialist will match the employee with an in-network clinician to help.

- Anxiety
- Addiction
- Depression
- Domestic violence
- Eating disorders
- Medication management

Virtual Visits - You can also connect with a mental health provider from the comfort of home using a virtual visit. Convenient appointment times are available to accommodate busy schedules and may be a more timely option. Behavioral health virtual visits provide quick and easy access to behavioral health professionals from your mobile device, tablet or computer. Under “Provider Type”, select “Telemental Health Providers”.

Copays or co-insurance apply. Call the Customer Care number on your health plan ID card or visit myuhc.com - click “Find a Doctor”.

Programs Available by Request
Departments located at other locations or those looking for additional assistance can request a program or presentation. Please complete the form at hr.wustl.edu/wellness-connection/request-program/.