

Mental Well-being Support Guide

Whether you or a family member is going through a rough patch or dealing with ongoing concerns, know that help is here.



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Looking for support for ongoing concerns?



Employee Assistance Program (EAP) by SupportLinc

Life can come with challenges — big and small. Your EAP is here 24/7 to help with whatever you're going through. You can also get up to 10 visits with a professional counselor per topic per year, at no cost to you.



Call:
1-888-711-5313



Visit: mysupportlinc.com or download the **SupportLinc eConnect®** app
(Group code: **cokeconsolidated**)

Live and Work Well through UnitedHealthcare

Looking for a therapist? Wondering what your benefits cover? Find the answers at liveandworkwell.com. You can search for a provider, schedule in-person or virtual behavioral health visits, access online resources and more.



Call:
1-833-719-1700



Visit:
liveandworkwell.com
(access code: **CCCTeam**)

Behavioral health providers for long-term needs

With your medical plan coverage, you have behavioral health benefits designed to help you manage your mental health. Access a large network of providers, get tailored treatment plans and more.



UnitedHealthcare members:
Visit myuhc.com®, download the **UnitedHealthcare®** app or call **1-833-719-1700**



Surest members:
Visit benefits.surest.com, download the **Surest** app or call **1-866-683-6440**

Corporate Chaplains

Get personalized care for you and your family 24/7/365 to provide support to reduce stress and anxiety and more. Permission based, confidential and voluntary.



Visit: chaplain.org/CokeConsolidated to access your Chaplain by name or CCCI location



Want support for stress, anxiety and more?



Find your path to a happier, healthier you with Calm Health

This easy-to-use app can help you work toward goals like sleeping better, managing stress and being more resilient. It offers guided meditations, Sleep Stories, soothing soundscapes and more.



UnitedHealthcare members:

Visit uhc.app/calm or the

UnitedHealthcare app

Surest members:

Get started at surest.care/calm

On-demand support with Talkspace

Want to see a therapist but you don't have time for in-person appointments — or you'd rather connect from home? With Talkspace you can connect with a licensed therapist on your time, using your phone or desktop.



Visit:

talkspace.com/connect

Quit For Life

Get the support you may need to stop tobacco, including vaping, with Quit For Life®. Receive nicotine replacement therapy recommendations, get coach support and access tips and resources — available at no additional cost.



Call: **1-866-QUIT-4-LIFE**

(1-866-784-8454), TTY 711



Visit:

quitnow.net

Find child care through your EAP

Connect with your EAP to access a team that can help find the care option that best meets your family's needs — from in-home care to child-care centers, they can give you referrals to qualified providers. Your EAP can also provide resources for special-needs care or before- and after-school programs and educational activities once baby is older.



Call:

1-888-711-5313



Visit: mysupportlinc.com or download

the **SupportLinc eConnect® app**

(Group code: **cokeconsolidated**)

One Pass Select®

During pregnancy, healthy choices can make a difference. With One Pass Select, you get access to a large nationwide network of gyms and fitness locations, on-demand and live-streaming fitness classes and home grocery delivery.

There are 5 membership tiers, starting as low as \$10 per month for the digital-only option.



Visit:

onepassselect.com



Need help now?



Get support 24/7 if you or a loved one has a mental health or substance use crisis.

For emotional distress or suicidal thoughts:

Suicide and Crisis Lifeline



Call or text:
988

For help with alcohol and drug concerns and care:

Substance Use Helpline



Call:
1-855-780-5955

For 24/7 confidential help finding crisis resources through your benefits:



UnitedHealthcare members:
Call **1-833-719-1700**



Surest members:
Call **1-866-683-6440**

For immediate life-threatening emergencies:



Call:
911

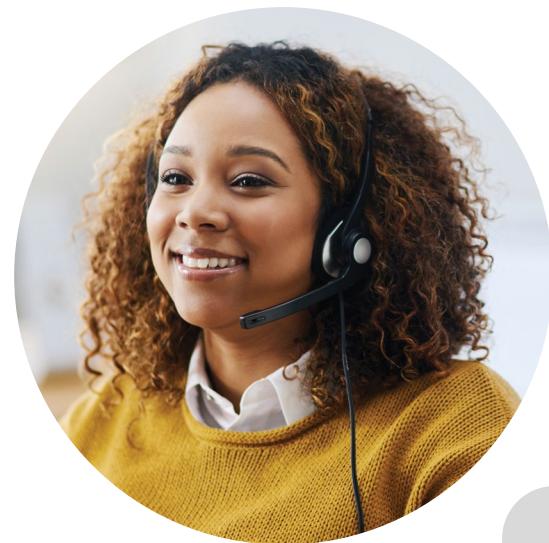
Questions about your benefits?

Not sure where to start?



Call UnitedHealthcare
Customer Service :
1-833-719-1700

Surest members call:
1-866-683-6440



The information provided under these programs is for general informational purposes for non-union teammates only and is not intended to be nor should be construed as medical and/or nutritional advice. **These programs and applications should not be used for emergency or urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room.** Participation in these programs is voluntary; restrictions and limitations may apply and are subject to the terms of use.

Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number that appears on your health plan ID card. Services may not be available at all times or in all locations. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Participants should consult an appropriate health care professional to determine what may be right for them. Your health information is kept confidential in accordance with the law. Member phone number services are not an insurance program and may be discontinued at any time.

Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. The use of Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care or treatment of a medical condition should be directed to your physician or health care provider. Calm Health is a mental wellness product, and is not intended to make any mental health recommendations or give clinical advice. Members must be 16 years or older to use the services, unless a parent or legal guardian agrees to Calm "Terms." The parent or legal guardian of a user under the age of 16 is subject to the "Terms" and responsible for their child's activity on the services.

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

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