

BENEFITS SPOTLIGHT OF THE MONTH: **Mental Health Awareness**

In any given year, more than one in five of us will experience some type of mental health problem. Mental health impacts and connects us all. Especially in times of uncertainty, it's very important to pay attention to your mental health. Accessing reliable and helpful information can be tricky. Fanatics offers you support through an Employee Assistance Program with **Optum EAP** to help you and your loved ones during these trying times. This service is confidential and can provide immediate help or direct you to a network provider. Fanatics' employees have access to 3 face to face visits or virtual sessions at no cost to you every year.

- Call **866.248.4096**, available 24/7
- Visit **www.liveandworkwell.com** to register, access code: Fanatics

BENEFITS AT WORK FOR YOU

BCBS: Teladoc gives you 24/7/365 access to board-certified physicians through the convenience of phone or video consults. These services are provided on behalf of your health plan. To get started, visit **www.teladoc.com** or call 866-789-8155 to set up your account.

Kaiser: Need guides on living healthy? Programs and classes available with your membership? How about physician-approved articles on your health conditions? You can find all of this information by visiting: **<https://healthy.kaiserpermanente.org/health-wellness>**

ADDITIONAL RESOURCE

When we think about health, most of us think physical health. While it's important to take care of your body, your mental health is just as important. The CDC estimates that one in five Americans will experience mental illness in given year. A mental health screening is an exam of your emotional health. Need help coping or understanding your mental health? Take a screening and speak to your provider about your symptoms.

www.mentalhealthscreening.org

*The CDC is an independent organization that offers health information. This information is sourced from the BlueCross BlueShield of South Carolina website that members may find helpful.

DID YOU KNOW?

Stress doesn't just affect your thoughts, feelings and behavior — it affects your body, too:

- Stress can increase your blood pressure and depress your immune system.
- It can cause multiple thyroid problems.
- According to the Cleveland Clinic*, stress is linked to six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide.

It's no wonder we're constantly looking for ways to combat stress — from relaxation techniques and deep breathing exercises, to meditation, muscle relaxation and mental imagery. Yet one of the best, and easiest, stress-busters is physical exercise.

Exercise — in any form — can act as a stress reliever. Regular exercise improves your overall health and sense of well-being.

Get moving and have fun — flag football, basketball, Frisbee golf, trampoline parks, mud runs, water aerobics, swimming and other water sports, corn hole and horseshoes, to name a few. Choose something you find enjoyable!

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