

# Personal Wellbeing

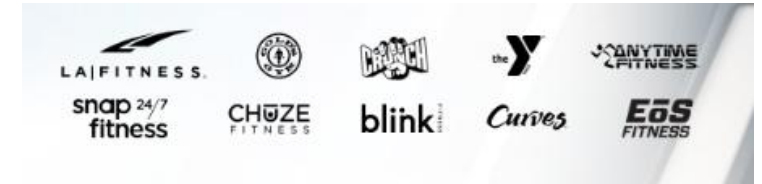


Active & Fit Direct

One Membership.

Thousands Of Ways to Stay Active and Save Money!

- 12,200+ Gyms
  - 9,700+ On-Demand Videos
  - Enroll Your Spouse
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- No Annual Fees or long-term contracts. Switch gyms anytime.



**Get Started!**

<https://discoverhealthyrewards.sites.cigna.com>

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## Employee Assistance Program (EAP)

To help you through difficult times, **The Standard** Employee Assistance Program (EAP) provides you and your family with personal and confidential support, 24 hours a day, 7 days a week. Services include:

- Unlimited phone access to master's-level specialists – 24/7
- Up to 3 counseling sessions per issue. Sessions can be done in person, on the phone, or through video
- Online Resources – [www.healthadvocate.com/standard3](http://www.healthadvocate.com/standard3)

Contact EAP 24/7 at 888-293-6948

## Hotlines

Suicide and Crisis Lifeline

Call: 988 | Chat: [988lifeline.org](https://988lifeline.org)

National Domestic Violence Hotline

Call: 800-799-7233 | Text: "START" to 88788

Chat: [thehotline.org](https://thehotline.org)

Transgender Lifeline

Call: 877-565-8860 | Visit: [translifeline.org](https://translifeline.org)

For a full list visit: [Get Help Right Now from the CDC](#)