

## ECC Life Balance Offerings (Full-Time Employees)

Topics	Anthem	CHC	EAP	ECC
24/7 NurseLine	X			
Anthem Healthy Rewards/H.S.A.	X			
Biggest Loser**				X
Condition Care	X			
Counseling	X		X	
Doc Talk	X			
E-Learning		X	X	
Emotional Guidance	X		X	
Financial Guidance	X		X	
Fitness Center/ Fitness Classes				Onsite
Flu Shots	X			Onsite
Future Moms	X			
Health Coach	X	X	X	
Health Screening*		X		Onsite
Healthy Lifestyles Online	X			
Legal Guidance/Services	X		X	
LiveHealth Online	X			
Newsletter/Articles	X	X	X	
Smoking/Tobacco Cessation	X	X	X	
Travel Assistance	X			
Walking Challenge*		X		X
Webinars	X	X	X	
Wellness Incentive Program*		X		

\* Participation incentives available. Contact Human Resources for more details.

\*\* Contact Karen Klos for details.

**New Directions (EAP):** over 5,000 resources for work/life balance and health and wellness resources in the Personal Directions section of their website.

- Go to [www.ndbh.com](http://www.ndbh.com) and click on "I Am a Member"
- Enter the login code of ECC
- Select Personal Directions

### Anthem:

- An H.S.A. member can earn Anthem Healthy Rewards by completing various programs. Only available to members enrolled in the H.S.A. plan. Rewards are issued by Anthem.
- SpecialOffers@Anthem – All members have access to discounts through this Anthem program even if they are a Life only member.
- Resource Advisor – By being an Anthem Life member, you have access to programs which provide emotional, legal and financial guidance.
- Travel Assistance – By being an Anthem Life member, you have access to travel assistance.
- Flu Shots – Anthem members have access to receiving immunizations at local participating pharmacies under their Group benefits.

Summary created by Wellness Committee, April 2016

