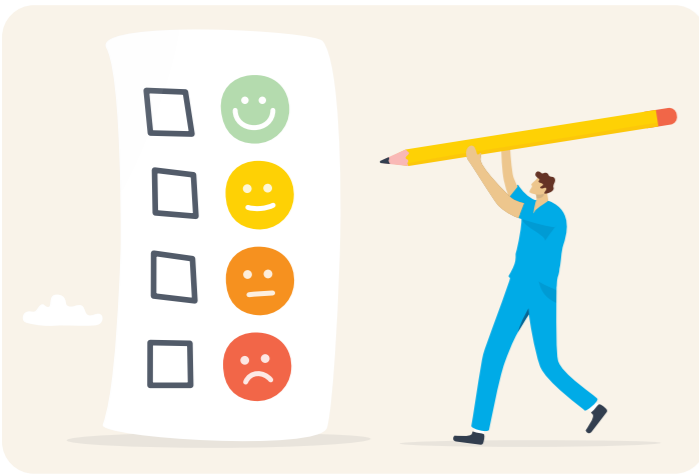


Workplace wellbeing.

Stress First Aid

Stress First Aid helps associates assess their stress levels across color-coded zones. The tool includes actions to help reduce the likelihood that stress reactions will develop into more severe or long-term problems. Stress First Aid can be used for self-care, to help co-workers with stress reactions, or to help someone seek other types of support.



Expedited Mental Health Resources

In partnership with MedStar Georgetown University Hospital's Department of Psychiatry, MedStar Health associates can connect with a mental health clinician with expertise in adult, child, adolescent, and family mental health.

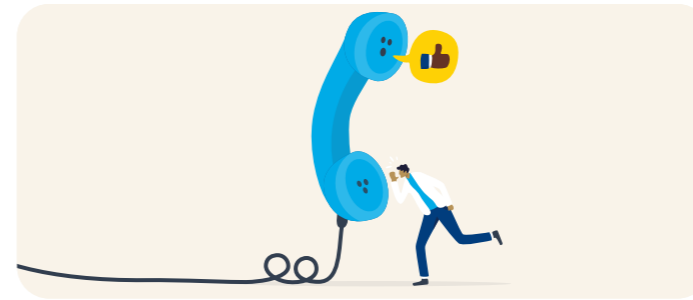


Wellness Rounds

Wellness Rounds bring the resources to you. Our wellbeing team members conduct in-person rounding to check in, provide information and offer immediate support, if needed. To request Wellness Rounds for your team, unit or department, reach out to your local wellbeing committee or our resilience coaches (see QR code below).

Resilience Coaches

Resilience Coaches offer no-cost, in-person or virtual support to associates. As trained mental health professionals, they aid in creating solutions for work/life balance, navigating mental/emotional stress and helping associates thrive at work. Individual coaching sessions can be scheduled directly by scanning the QR code. Group services can be requested by completing a form on the Wellbeing website.



Care for the Caregiver

Confidential peer support is available to you 24 hours a day, seven days a week. Sometimes you need to talk. Sometimes you want someone who understands. The Care for the Caregiver team—comprised of nurses, physicians, Risk associates, Quality & Safety specialists, chaplains, and social workers—are here for YOU when you need it most.

Call **866-MSH-WELL** or email **c4c@medstar.net**.



Life wellbeing.

Backup Care

For child or adult backup care needs, Care.com offers heavily subsidized in-home and facility-based care using a vetted, background-checked caregiver network. Enroll at **MedStar.Care.com** using your MedStar Health email address to access these and additional membership benefits, including one-time or recurring babysitters, pet sitters, tutors, and more.

Financial Planning

Access unlimited financial planning services, including budgeting, college funding, credit counseling, debt management, and retirement planning with highly-trained financial counselors through BHS, our Employee Assistance Program. Call BHS at **866-765-3277**.



Expedited Mental Health Support for Children

The MedStar Health Center for Wellbeing and the Department of Psychiatry at MedStar Georgetown University Hospital are proud to offer support for associates with concerns about their children's mental health.

To schedule an expedited parent consultation, contact the Department of Psychiatry at **202-944-5400**, select "new patient," and the appropriate age group for the child.

Learn more at **MedStarHealth.org/Wellbeing**, email us at **wellbeing@medstar.net** or use our Teams Wellbeing app.

