

# HELPFUL RESOURCES FOR MENTAL WELL-BEING AVAILABLE TO ALL\* ASSOCIATES

\* some Associate classification restrictions and enrollment deadlines apply



**Enroll by 7/20.\***  
Get online support and coaching to help you feel your best!

Download the Omada Mind app, enter access code: **AME1566** and your Employee ID to get started.

\*Must be 18 years or older; free program ends on September 30, 2020!

Visit: [www.omadahealth.com](http://www.omadahealth.com)




The following COVID-specific resources are available to ALL Associates:

- Stop negative thoughts
- Reduce stress and anxiety
- Build optimism and mindfulness
- Gain confidence and self-esteem

Visit: <https://together.happify.com> and start your journey





Explore this collection of meditation sessions called "Weathering the Storm," which includes guided meditations and more.

Scan these QR codes to go to a Spanish video or language setting instructions to access **headspace** in Spanish, French, and a few other languages.






**Enroll by 7/31.\***  
Dealing with worry and anxiety?

Get started with Daylight at [TryDaylight.com/access](http://TryDaylight.com/access)

(works best from an iPhone or Android device.)

\*Enroll by 7/31 for access to a free 12-month subscription







**Enroll by 7/31.\***  
Struggling with falling asleep or staying asleep?

Get started with Sleepio at [Sleepio.com/access](http://Sleepio.com/access)


(works best from an iPhone or computer web browser; can be linked to Fitbit & UP fitness trackers)

\*Enroll by 7/31 for access to a free 12-month subscription

**Full-Time Associates** and their families are eligible for **10 free** confidential counseling sessions (for COVID-specific issues only) with a dedicated, licensed counselor through **Sept. 30, 2020** plus unlimited access to helpful webcast recordings.

Call **877.622.4327** anytime or visit: [myCigna.com](http://myCigna.com)  
Employer ID: **aeo**






**Available through 6/30.\***  
Simple-to-follow activities and tools to manage emotions. Learn how to cope while practicing how to relax and stay hopeful.

\*Access to this program is available at no charge through June 30, 2020.

Visit: [carenow.silvercloudhealth.com/signup](http://carenow.silvercloudhealth.com/signup)  
Your PIN: **C@re2020!**



## ADDITIONAL FINANCIAL BENEFITS AND PARENTING RESOURCES



Perkspot can help you save money on everyday purchases and help you trim your budget.




Bright Horizons offers some great resources to keep your little ones engaged, learning, and growing.




AEO  
**WELL-BEING**

If you have questions or need assistance, please contact the AEO Benefits Department at [Benefits@ae.com](mailto:Benefits@ae.com) or 724.779.5678 (internal x15678).