

# Find the right care for your well-being

## myCare

A website with resources, articles, videos and tools to enhance holistic well-being.

- Free, 24/7, self-paced resources all in one place
- Designed and curated by Ascension subject matter experts
- Accessible to associates



## Ascension Wysa

An app experience where you engage with a friendly chat bot to enhance well-being.

- Free, 24/7, anonymous
- Interactive chat bot will engage with you on a continual basis
- Helps manage stress, sleep, depression, anxiety, etc.
- Accessible to associates and family



## Employee Assistance Program

An Ascension benefit that allows you and family members to speak to a counselor.

- Eight free sessions
- Get help handling stress, managing relationships, getting out of debt, etc.
- Available to associates and immediate family



## SmartHealth

A medical insurance benefit plan available to Ascension associates and dependents.

- For enrolled associates
- Keep track of your deductible on the ABS app
- Urgent care visits available through AmWell



## Spiritual Care

Video chat with an Ascension chaplain anytime, anywhere.

- Free, available 24/7
- Staffed by experienced Ascension chaplains who are committed to listening to and supporting through complex challenges
- Available to associates



## Psychiatry and therapy

SmartHealth members can schedule a video chat with a psychiatrist or therapist.

- Appointments 7 days a week
- Psychiatrists can prescribe medications during visits
- Covered in SmartHealth medical plans



**Scan or take a photo of the applicable QR codes above to access links**



**Ascension**