



As a Maximus employee, you can Engage in free programs to support your physical, financial, social, and emotional wellbeing.

TO GET STARTED:

1. Register at engage-wellbeing.com or download the Engage Wellbeing mobile app.
2. Select Register, enter Maximus for the company name, and provide your Maximus employee ID.
3. Learn more at mywellness-maximus.com.



Employee Assistance Program (EAP) is a 24/7 resource to support your emotional wellbeing, including work/life resources, individual mental health counseling, legal and financial counseling, digital behavioral care tools, employee perks, and more. 855.522.1310 or maximus.com/eap (username: maximuseap / password: maximus)



LiveHealth Online Coaching provides one-on-one visits with a health coach through a live video visit using your smartphone, tablet, or a computer with a webcam for healthy blood pressure, healthy weight, and tobacco cessation. Call 888.548.3432, option 5
Note: Available to employees not enrolled in an Anthem medical plan. Anthem medical plan participants can access coaching through Anthem's Wellbeing Coach Total (access through Engage).



Fidelity Planning and Guidance Center offers a suite of financial planning and education tools, such as calculators, assessments, and live and on-demand videos and workshops. NetBenefits.com



Employee Perks program offers discounts and corporate rates on local and national products and services. 855.522.1310 or maximus.com/eap (username: maximuseap / password: maximus)



Lift Virtual Fitness provides customized wellness journeys for each user's fitness level and goals. You can even webchat with a fitness professional. Use the mobile app for the best experience and to chat with a coach. 855.522.1310 or maximus.com/EAP (username: maximuseap / password: maximus)



LifeSpeak is a health and wellness library with easy-to-access, bite-sized content, including videos, short blog posts, and a monthly live online webchat. Access through the EAP or visit maximus.lifespeak.com (useraccess ID: maximus)



Headspace is a meditation and mindfulness app for sleep, stress management, focus, and more. work.headspace.com/maximus/join



Wellbeats is a fitness and nutrition portal with on-demand, instructor-led workouts, and other fitness tools. portal.wellbeats.com (username: Employee ID / password: maximus)



ENGAGE

Access all programs through Engage by visiting engage-wellbeing.com or downloading the mobile app. Learn more by visiting our wellness site at mywellness-maximus.com.

Employees enrolled in a Maximus Anthem medical plan can also access plan information through Engage, such as ID cards, finding providers, and claims status.

