

# 2024 Free Maximus wellbeing programs for all employees\*



## Portal to all wellbeing resources

[Engage-Wellbeing.com](https://Engage-Wellbeing.com)

Use your Employee ID number to register

You can download your Anthem ID card from Engage

## Wellness Incentives

- Earn points for healthy activities
- Not enrolled in Anthem - Redeem points each quarter for a chance to win prizes
- Enrolled in Anthem - Earn 5,000 points for the maximum incentive into your health plan account
  - Incentives are processed in \$100 increments once a threshold of 1,000 points is reached
  - Note: Allow 6 to 8 weeks for deposits to show in your HSA or HRA

## EAP\*

### Employee Assistance Program (EAP) through Telus Health

Call: 855.522.1310

[Maximus.com/EAP](https://Maximus.com/EAP)

- Username: maximuseap
- Password: maximus
- Available to all employees and members of their household

### EAP Services

- 24/7 Support
- Free counseling
- Work/Life Support
- Management support
- Legal/Financial resources
- Assessments
- Financial and legal advice

### EAP CareNow Digital Behavioral Care

### EAP LIFT Virtual Fitness

### EAP Employee Perks – save money on:

- Travel
- Dining In/Out
- Fitness
- Technology
- More



[Engage-Wellbeing.com](https://Engage-Wellbeing.com)

Visit with a health coach through a live video visit at no cost:\*

- Healthy Blood Pressure – Receive a blood pressure cuff
- Healthy Weight – Receive a connected weight scale
- Tobacco Free – Access to nicotine replacement products

## LifeSpeak Inc.

[maximus.lifespeak.com](https://maximus.lifespeak.com)

- Access ID: maximus
- Library of mental health content
- Short videos
- Monthly live chat

**\*Note:** LiveHealth Online coaching for Healthy Weight and Tobacco Free is available only to employees who are **not** enrolled in an Anthem medical plan. Anthem members will access health coaching through Anthem's Wellbeing Coach Total. LiveHealth Online Healthy Blood Pressure is available to all.



## Mindfulness/Meditation

[work.headspace.com/maximus/join](https://work.headspace.com/maximus/join)

### Help with Stress, anxiety, sleep, focus, and more

- Meditations
- Workshops
- Activities



## Virtual Fitness

- [portal.wellbeats.com](https://portal.wellbeats.com) or download the app.
- Username: employee ID
- Password: maximus

### Online, on-demand, instructor-lead fitness

- Every age, interest, ability
- Physical fitness
- Nutrition
- Mindfulness



## Financial Planning and Education

[Netbenefits.com](https://Netbenefits.com)

- Retirement plan
- Calculators and assessments
- Articles
- Live and on-demand webinars and workshops
- Discounts on financial services

For more information on wellbeing resources visit: [MyWellness-Maximus.com](https://MyWellness-Maximus.com) or visit your personal wellbeing portal at [Engage-Wellbeing.com](https://Engage-Wellbeing.com) or on the Engage mobile app.

Questions? Submit a Wellness ticket through the People Services Portal or email [MyWellness@Maximus.com](mailto:MyWellness@Maximus.com)