

Healthy You. Healthy Huber.

A partnership for total well-being



Your Mental Health Matters



A Message from Laura Lee Gentry, Chief People Officer, J.M. Huber Corporation

Dear colleagues,

Your emotional well-being is an important part of your overall health. That's why Huber invests in a wide range of programs and services to support your emotional and mental health. It's a part of our **"Healthy You. Healthy Huber."** commitment.

We want to equip you with impactful and easily accessible tools and resources to help you feel supported. This newsletter describes what is available to you and your loved ones to aid in your well-being. Many of these programs are available at no cost and are designed in partnership with our carriers to meet your needs.

Your emotional well-being is also connected to your physical well-being. This newsletter also includes Healthy Huber Initiative reminders so you can see how we reward you for investing in your physical health.

We are dedicated to supporting you and hope that this is helpful information!

All my best,

Laura Lee Gentry, Chief People Officer
J.M. Huber Corporation

Learn more about the
mental health resources
available to you at
mybenefits.huber.com
or scan this QR code!



May is Mental Health
Awareness Month! Taking
time for your emotional and
mental health is critical.

Read on to learn more.



Your Guide to Emotional Well-being Support

Available to all employees and family members



TELUS Health EAP

TELUS Health provides **confidential** support to you, your family members, and your dependents at no cost. You can reach out to the EAP Care Access Center 24 hours a day, 365 days a year, for help with managing stress, emotional difficulties, crises, grief, and everyday concerns. You can also receive legal and financial planning help. TELUS Health offers support sessions over the telephone, online or in person. Plus, you have convenient access to online resources. If you need more specialized or long-term support, your EAP can help you find an appropriate specialist or service. Visit TELUS Health or call **1-866-408-2523** to begin.

Getting started with TELUS Health is easy. Download the TELUS Health One app or visit one.telushealth.com. Log-in with your Huber email credentials. Click "Next," and you will be redirected to single sign on.

Join a virtual, 60-minute webinar with TELUS Health to learn more about mental health and how their services can help you!

Date: 3 p.m. EST, Wednesday, May 15

Join via Zoom:

<https://huber.zoom.us/j/83091839152?pwd=Z1UEcfZ3lgFYMTy0f5VdZgHUsCIWHs.1>



Teladoc

If you are looking to speak to a licensed therapist or psychiatrist by phone or video right from the comfort of your own home, Teladoc may be the right fit for you. You can get support to help you manage a wide range of issues such as stress, anxiety, marital issues, depression, and more. Through Teladoc, you can meet with a therapist or psychiatrist from wherever you are, seven days a week between 7 a.m. and 9 p.m. in your local time zone.

Seeing a therapist costs \$90 or less/visit. If you want to see a psychiatrist, the cost is \$215 or less for the first visit and \$100 or less for ongoing visits. Teladoc also offers adolescent mental health care for teens ages 13-17 (with prior consent from a parent or guardian). Visit teladoc.com/Aetna to set up your account or log in. You can also download the Teladoc app in the Apple Store or on Google Play, or call **1-855-TELADOC (835-2362)**.



Pelago

Did you know: 4 out of 10 US adult workers 18 and older misuse substances or suffer from substance use disorder (which includes alcohol, nicotine and opioids)? Pelago can help you and/or your eligible dependents reduce or quit smoking, vaping, or chewing, cut back on alcohol, quit drinking entirely, or overcome opioid dependence. Pelago provides confidential, one-on-one support from an experienced and qualified care team of coaches, counselors, nurse practitioners, physicians, and researchers who are ready to support you. If you are enrolled in a Huber medical plan, Pelago is available to you at no cost.

You can register at pelago.health/huber, or you can download the Pelago app on the Apple Store or on Google Play. You may also schedule a call with a member of our Care Team to create your personalized care plan by calling **1-877-349-7755**.



Teletherapy through Aetna

Aetna's wide network of health care providers offers you many in-network options for seeing a psychologist, psychiatrist, or licensed therapist. You can see your preferred mental health professional virtually for support, too. Virtual appointments are billed similarly to in-person visits. To get started, log in to your Aetna account to search for providers who meet your criteria or call **1-866-276-1820**.

If you need specialized or long-term mental health or substance abuse care or support, both outpatient and inpatient benefits are available through your Huber medical plan. To connect to the right support, talk to your primary care doctor or call Aetna's customer service number on the back of your medical ID card.

Know Where to Go When You Need Help

Do you ...	Teladoc	Teletherapy through Aetna	TELUS Health EAP	Pelago	Aetna Medical Insurance
Need help dealing with a stressful situation?	Yes – for short-term support	Yes – for short-term support	Yes – for short-term support	No	Yes – for more specialized, long-term support
Want to schedule a phone or video therapy session?	Yes	Yes	Yes	Yes – for substance use or abuse only	Possibly – but for specialized, long-term support only
Want to visit with a therapist in-person?	No	No	Yes	No	Yes
Need help for substance use or abuse?	No	No	No	Yes	Yes
Have an ongoing condition like depression or substance abuse and need inpatient care?	No	No	No	No	Yes
Need specialized support for your child who has a behavioral health issue?	No	No	No	No	Yes

Note: TELUS Health EAP is available to all Huber employees and family members; all other support is available to employees and family members enrolled in a Huber medical plan.



Get Rewarded through our Healthy Huber Initiative!

We want to support and reward you for taking actions towards good health. We provide several wellness programs as part of our Healthy Huber Initiative to help you achieve your wellness goals and help you earn and save money along the way!



Aetna Programs

Aetna Well-being Rewards Program

If you are enrolled in a Huber medical plan, you (and your covered spouse) can each earn up to \$50 gift cards for completing wellness activities such as getting an annual physical, preventive screenings, vaccinations, and more! For more details about Aetna's incentive-based wellness activities, you can call **1-866-276-1820** or visit the Aetna website.

To redeem your Aetna Wellness Reward Gift card:

1. Log into your Aetna account.
2. Under the "Health & Wellness" tab, select "Go to Health & Wellness".
3. Under Wellness Tools, within the "Discover a Healthier You" box, select "Explore Resources".
4. Select "Rewards", then "Redeem My Rewards".

LifeMart Discounts

Save money on health and wellness products and services through our LifeMart Member Discount Program. You can save on fitness club memberships, fitness devices and gear, spa services, personal care products, and more! Plus, you will find discounts on many non-wellness-related products and services too!

To sign up for the program, visit www.aetna.com and log in with your username and password. Go to the "Health & Wellness Tab," click "Health & Wellness Discounts," and then click on any of the health and wellness files to access the LifeMart website.



2025 Wellness Credits

If you are enrolled in a Huber medical plan, each year you have an opportunity to earn the Annual Wellness Credit, which lowers your bi-weekly medical contributions from your paycheck.

To earn the Wellness Credit for the 2025 plan year,

1. You and your covered spouse will need to get an annual physical between January 1, 2023, and August 31, 2024, and
2. Complete the tobacco/nicotine-free attestation during the 2025 Annual Enrollment period in the fall of 2024.

Learn more on the [Huber Benefits Hub](#).



Voya Voluntary Wellness Benefit

If you're enrolled in Critical Illness, Accident, or Hospital Indemnity Insurance through Voya, you can earn rewards by completing health screening tests. Covered employees and their spouses can each earn up to \$50 in cash rewards annually. Covered children can each earn up to \$25 in cash rewards (maximum of \$100 for all covered children in a calendar year).

Important: Remember to submit any incurred claims that you have! To submit a claim, Visit hubervoluntarybenefits.com.

Select "File a Claim". Scroll down to view the "Remember to file your annual Wellness Benefit Claim" and select "Get Started". Complete the questions regarding the health screening test, electronically sign and submit your Wellness Benefit claim. Receive a benefit payment for each covered individual for whom an eligible claim was filed.

You can also view the Voya Wellness Brochure to learn more on the [Huber Benefits Hub](#) under Documents on the Healthy Huber page.

Boost your self-care routine!

- Increase your water intake and stay hydrated
- Exercise or try a new hobby
- Talk with a loved one
- Go for a walk around your neighborhood
- Volunteer in an organization that you are passionate about
- Create a gratitude journal
- Listen to your favorite music
- Learn new recipes to try in your kitchen

