



Colleagues,

May is Mental Health Awareness Month. Sometimes, taking the first step isn't easy—yet you don't have to take it alone. If you or someone you know is facing a mental or emotional health challenge, we have a list of resources available for you. If you would like to get more information on these benefits and more, please [sign up](#) for our webinar, scheduled for May 20.

[Resources for Stress and Coping](#)
[Find Treatment](#)

MENTAL/EMOTIONAL HEALTH

Employee Assistance Program (EAP) — All Employees and Household Members

- Up to five free counseling sessions per issue that may be impacting you and/or your household members' mental and emotional well-being.
 - Call 800-544-1496 (press option one), or www.feibh.com/aha

Suicide Prevention Webinar

Suicide prevention starts with recognizing the warning signs and taking them seriously. If you, a family member, co-worker or friend appears to be having suicidal thoughts, there's plenty you can do to save a life. We'll take a closer look at what to say and resources you can use, including emergency hotlines.

- **May 19 - 11:00 a.m. – Noon CST/Noon – 1:00 p.m. EST**
- [Sign up here.](#)

Additional EAP Resources

- [Achieving a healthy balance between family and work](#)
- [Mental health-related recorded webinars.](#)

Headspace

Mindfulness support, including meditation, sleep, stress, anxiety, movement and healthy living. No matter how new to meditating you are, Headspace is mindfulness training made simple.

- [Enroll here!](#) (use your AHA email address to register)

PHYSICAL HEALTH

FREE Telehealth Visits

Take care of your mental health. For help coping with whatever life may bring your way, [click here](#). As a reminder, all in-network telehealth visits are free through September 30.

- Click [here](#) to access a page with details on how to sign up for these benefits, if they are available to you.

Flexible Spending Accounts (FSA)

Dependent Care

AHA has chosen to increase dependent care FSA maximums to \$10,500 for the 2021 plan year. As a result of the American Rescue Plan Act, employers were allowed to increase the limits for 2021. If you wish to increase your annual maximum:

- Log into UKG via Inside AHA > SSO > Ultimate Software. Then go to Myself > Manage My Benefits. Click on Life Event, enter a start date and your updated annual amount.

Health Care

Due to the American Rescue Plan Act, the IRS has added personal protective equipment (PPE) to the list of eligible items that include face masks, hand sanitizer and sanitizing wipes to help prevent the spread of COVID-19. [Click here](#) for a full list of eligible items.

WellnessWorks

Enrolled in AHA's medical plan? The deadline to submit your PCP Form (Primary Care Physician Form) is quickly approaching on September 30.

- Complete and return a [PCP form](#) to My Apps > SSO > WellnessWorks to receive up to 10% off your medical premiums in 2022.
 - Please note, your covered spouse/partner must also complete the form to be eligible for the full discount.

Webinar: Self-Care Playbook

What does it mean to practice good self-care? In this seminar, learn how to put together your own personal self-care playbook to make sure you're tending to every aspect of your overall wellbeing to feel happier, be more productive and to support the ones you love.

- May 26 - Noon – 1 pm CST / 1:00 – 2:00 p.m. ET
- [Click here to register](#). **Note:** You can earn 5 points by participating in this webinar through our WellnessWorks rewards program. Earn a maximum of 300 points to earn \$300 additional dollars!