

Well-being for Your Whole Self: **Mind and Body**



Your well-being matters, and Philips has you covered! We offer programs to support you both physically and mentally - think mental health, caregiving resources, heart health and weight management - all tailored for your specific needs. Each of us has a different path to follow, so be sure to explore each of these benefits designed with well-being for your whole self in mind.

SupportLinc EAP for Mental Health

[Learn more...](#)



Knee, Back or Joint Pain

[Learn more...](#)



Cancer Screening

[Learn more...](#)



Caregiving

[Learn more...](#)



Diabetes, Heart Health and Weight Management

[Learn more...](#)



Digestive Health

[Learn more...](#)



Substance Abuse

[Learn more...](#)



Well-being for Your Whole Self: Mind and Body

Resources:

SupportLinc: supportlinc.com (Group code: philips) or (888) 881-5462

SupportLinc EAP for Mental Health

Philips provides no cost, confidential work/life support for all employees and their families through the Employee Assistance Program (EAP).



- **Do you have financial or legal questions that you aren't sure how to handle? Hear more about Jack.**

Jack's father recently passed away and he has questions about how to handle the estate and his inheritance. He calls Health Advocate to find out about resources available through the Philips benefits programs. Health Advocate mentions that both the SupportLinc EAP and ARAG Legal Services may be able to help.

Jack always thought the EAP was strictly for counseling or coaching and was surprised to learn that the EAP has financial and legal resources available. He calls **SupportLinc** and requests help finding a local attorney who specializes in wills and estates. **SupportLinc** was able to triage his call and provide immediate, free telephonic legal advice with an attorney from Jack's home state, and he was even given the option of a free 30-minute face-to-face consultation! Jack had some of his questions answered over the phone and then scheduled a face-to-face visit to go over additional details and paperwork.

Jack also was able to schedule a consultation with a financial professional to get help with the money he was inheriting. His financial counselor was easily able to address Jack's questions regarding financial management and planning and taxes related to the inheritance.

Jack also looks into **ARAG Legal Services** and finds out that they offer estate planning services through a large network of attorneys, with fees paid-in-full for most covered legal matters. Jack did not enroll in ARAG Legal Services during Open Enrollment so is not able to use their services at this time, but makes a note to review the program benefits during the next Open Enrollment period so he can decide whether to enroll then.



- **Do you need help with other resources related to work/life? The EAP has lots available.**

Because of the help Jack received from the EAP when he needed legal and financial help, he wants to learn about other ways he and his family members can use the EAP. Jack reviews the SupportLinc EAP website (supportlinc.com; group code: Philips) and finds out that, in addition to legal and financial resources, EAP services also include:

- In the moment support with a licensed clinician 24/7/365 and up to six (6) FREE counseling sessions, in person or via video
- Free convenience resources, including referrals for child and elder care, home repair, housing needs, education, pet care and more
- A dedicated web platform and eConnect® mobile app with on-demand training, financial calculators, articles, self-assessments and topical videos that are available 24/7
- Digital resources like Textcoach® text therapy, video or web-based counseling, the Amino self-guided behavioral health platform, and Virtual Support Connect, an anonymous chat-based group support sessions
- Text and email counseling through the Mental Health Navigator tool on a desktop or mobile device that allows members to complete a short assessment and receive personalized guidance for accessing program support and resources

Jack makes note of the EAP contact information and mentions these resources to his family so that they all know where to go when they need help.

Well-being for Your Whole Self: Mind and Body

“Thank you, Yasmin [health coach]. I am very happy about reaching this goal. I couldn't have done it without the support. Thank you for that as well. On to my next goal, 6 more pounds in 16 weeks. I think I can do that. I'm positive I can.”

-Philips Employee

Diabetes, Heart Health and Weight Management

If you're faced with the interconnected challenges of weight management, hypertension and diabetes, Philips has comprehensive solutions that are tailored to your unique health needs.



- **Do you need support for diabetes? Do you have concerns about weight management and how that affects your heart health? Introducing Emma.**

*Emma has been struggling with maintaining her weight and has developed high blood pressure and a weakened pelvic floor. She also has a family history of diabetes. In researching the Philips benefits available to her, Emma discovers **Omada**, a comprehensive app-based solution that includes programs to support diabetes and hypertension, in addition to weight management. By providing a program tailored to her specific health needs, **Omada's** holistic approach helps Emma make sustainable lifestyle choices that go beyond weight loss. When Emma expresses concerns about her pelvic floor, **Omada** is able to refer her to **Hinge Health** who can provide pelvic floor physical therapy and strengthening.*

Embracing the digital platform, Emma seamlessly integrates **Omada** into her daily life. The interactive app, connected digital scale and blood pressure monitor, remote health coaching sessions and education resources become part of her daily routine, helping her to make informed choices for her health. And even better, the program is provided at no cost because she's enrolled in a Philips BCBS medical plan.



- **Do you want to learn more about nutrition and exercise or develop new healthy habits?**

*As part of her new health journey, Emma is encouraged to find new healthy habits to enjoy. She reviews the **Philips Wellness Program** guide and decides to try some of the online resources available through **Health Advocate**, including wellness challenges in areas like nutrition, exercise and meditation, and health trackers, to help keep tabs on eating fruits and vegetables, drinking water, sleep and more. And along the way, Emma finds out that she can even earn up to \$400 when she participates in **Philips Wellness Program** activities during the year!*

Resources:

Omada: www.omadahealth.com/philips or (888) 409-8687

Hinge Health: www.hingehealth.com/philips or (855) 902-2777

Philips Wellness Program: Visit the Philips Benefits Center

Well-being for Your Whole Self: Mind and Body



Knee, Back or Joint Pain

Understanding the Aches! We recognize that knee, back and joint pain can present significant hurdles in your daily life. Philips offers resources that can help!



- **Does sitting too long at your desk cause back pain? Are you a runner who recently injured your knee? Are you suffering from general knee, back or joint pain? If so, meet Ray.**

Ray notices that his knees have been bothering him lately and the discomfort has started to affect his physical well-being. His doctor recommends that he try physical therapy and indicates future surgery may be needed.

Ray finds out that he has access to physical therapy resources through Hinge Health, a program that's available at no cost to Philips employees and dependents 18+ enrolled in a BCBS medical plan, and reaches out for help. **Hinge Health** connects Ray with his own personal care team consisting of a personal physical therapist and board-certified health coach. His care team sets up a digital exercise therapy program for Ray that allows him to do self-guided exercises at his own pace to help decrease his knee pain. Wearable sensors even allow Ray's progress to be shared directly with his care team.

With the support of **Hinge Health**, Ray not only finds relief from his discomfort, but is also regaining some of his mobility; however, still has concerns about potential knee surgery.

"I am writing to thank Philips Healthcare for participating in the Hinge Health program. I have been a member since its inception with Philips Healthcare. I suffer from stage 4 breast cancer and therefore for an amount of time I was not doing or receiving the proper exercise regimen a body should have weekly. Hinge Health stepped in and they gave me exercises fit to my mode of living as well as my lifestyle. The exercises could be done at home with ease and Hinge Health also exercised the mind with reading modules dealing with helping one succeed in their physical growth and the importance in understanding the kinetics of the body. The ENSO...oh my what a blessing it has been for me along with the chiropractor; it has made my back almost totally pain free. Last but not least I would like to thank the coaching staff. My coach Deirdre, has always been there for me and listens to my needs and what adjustments need to be taken if necessary. Philips, thank you for stepping in a giving an approach to a different type of healthcare need. I can truly say you have made a difference to my life."

-Philips Employee



- **Do you need a second opinion?**

Even though his physical therapy program is going well, Ray wants to know if he will need knee surgery. He decides to get an expert second medical opinion through **2nd.MD**, which is an additional program available to Ray because he's enrolled in a Philips BCBS medical plan.

Ray calls **2nd.MD** and explains his knee issues to an experienced nurse. The nurse handles the rest, including collecting medical records from Ray's current provider, and then connects Ray with a leading specialist who provides information about Ray's diagnosis, treatment plan and next steps. Because the **2nd.MD** care team coordinates all of the details, Ray doesn't have to worry about anything and is able to focus on one thing – continuing his physical therapy program. And, good news - after reviewing Ray's medical history, no surgery is needed and he can continue with his Hinge Health program!

Resources:

Hinge Health: www.hingehealth.com/philips or (855) 902-2777

2nd.MD: www.2nd.md/Philips or (866) 841-2575

Well-being for Your Whole Self: Mind and Body

“I feel so much better than when I first started GI Thrive. I’m regular and I have not had any episodes of bloating and feeling uncomfortable in a long time, I can’t remember the last time that’s happened to me. All of the pieces have come together and I feel healthy.”

-Philips Employee

Digestive Health

Take a holistic approach to gut health and empower your digestive well-being!

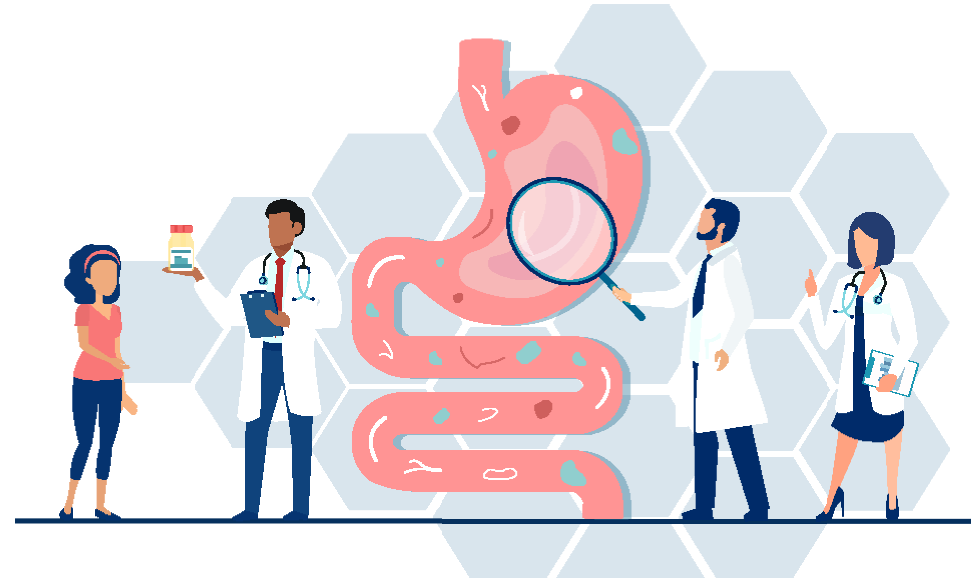


- **If you’re suffering from digestive issues that keep you from living life, learn more about Karen.**

Karen is reluctant to leave her home due to digestive problems, including gas and bloating. She turns to GI Thrive, a program that’s available at no cost to Philips employees and dependents 18+ enrolled in a BCBS or UPMC medical plan.

Karen contacts **GI Thrive** and is amazed at the resources. She first takes an assessment of her current digestive issues, symptoms and overall health goals. From the assessment results, a personalized plan is developed, just for her! She meets her registered dietician for one-on-one help with all things food, including identifying symptom triggers, meal planning, recipes, nutrition tips and ways to improve overall gut health. She also works directly with a health coach who helps with managing stress, goal-setting, exercise, and making positive changes that last. Karen’s program also includes access to an app with hundreds of clinically-validated articles and self-guided courses to help with digestion, sleep, energy, and stress management, which she reads regularly.

Using the techniques learned from her dietician and health coach, Karen is able to better understand and recognize her condition and comfortably and confidently leave her home for longer periods of time!



- **Do you need help with grocery delivery or running errands when you need to stay home?**

There are some days Karen still wants to stay home and work through some of her digestive issues. On those days, she relies on resources from **Care.com**. Care.com provides a one-stop-shop for services that make your life easier, like caregiving, house cleaning, pet sitting, help with transportation or personal assistance. Karen goes onto the **Care.com** website and looks for someone who can do her grocery shopping and also someone who can groom and walk her dog. She is easily able to find resources for both through **Care.com**'s large network of providers and can stay home knowing that her needs will be taken care of!

Resources:

GI Thrive: www.githrive.com/philips (enter code: Philips)
or (833) 336-9488

Care.com: Philips.care.com

Well-being for Your Whole Self: Mind and Body



Cancer Screening

As an innovative healthcare company, Philips wants to be sure that employees have access to innovative benefits, including screenings for early cancer detection.



- **Are you interested in learning more about innovative cancer screening options?**

As someone who values prevention and early detection, John schedules cancer screenings for himself and his wife through Galleri, the program Philips offers to aid in the early detection of cancers through one blood draw.

With a single blood test, Galleri screens for a signal shared by multiple cancers at their earliest stages that would otherwise go unnoticed. If a cancer signal is detected, Galleri can localize the origin of the tissue type or organ with high accuracy to allow for earlier treatment.

The Galleri test results show that John's wife has cancer signals related to breast cancer, so they schedule an appointment with her doctor to seek further testing.

Resources:

Health Advocate: (888) 367-7223, Option 1

2nd.MD: www.2nd.md/Philips or (866) 841-2575

SupportLinc: supportlinc.com (Group code: Philips) or (888) 881-5462

Cariloop: www.cariloop.com

Galleri: www.galleri.com/Philips or (833) 694-2553



- **Do you have a family member with cancer and need to find resources through your benefit plans?**

Due to John's wife's recent cancer diagnosis, John is anxious to learn more about Philips benefits resources that can help. He starts by calling **Health Advocate** for confidential and free access to his own personal health advocate who thoroughly understands the Philips benefits and tells him about several benefits that he may find helpful:

- **2nd.MD:** Provides expert second medical opinion services when faced with a health challenge or new diagnosis. John and his wife work with a **2nd.MD** care team who connects them with a leading specialist to discuss her diagnosis, treatment plan and next steps in her care. 2nd.MD is available to employees and dependents enrolled in a BCBS medical plan.
- **SupportLinc EAP:** Available to help find solutions to life's challenges, 24/7. John calls to speak with a licensed clinician on Saturday evening, the only day he has free time. He is feeling anxious and stressed about how to help his wife so the clinician helps him identify EAP resources that may be able to help, including digital activities, on-demand videos and even short-term counseling sessions (up to 6 per covered issue per year).
- **Cariloop:** Offers a Care Coach who can help with adult caregiving resources and support, for both John and his wife, including: help with locating and vetting care options, researching insurance and financial questions and guiding long-term care plans. John immediately asks his Care Coach to help him find care options for his wife while he's at work.

Well-being for Your Whole Self: Mind and Body

“For a long time I have wanted to drink less. I have been unable to overcome that on my own and that was very frustrating. As soon as I joined the Pelago program and got regular support that I needed, it was much easier than I thought it could ever be. I wish I would have done it much sooner.”

-Philips Employee

Substance Abuse

Philips knows it can be tough to cut back or quit so is happy to offer resources to help with substance abuse – in ways that make sense for you.



• Do you want to cut back or stop smoking altogether? See how Jeff gets started.

Jeff is in his early 30's and has been smoking since he was a teenager. Now he's ready to cut back. He finds out that Philips offers several resources that may be able to help.

Jeff first contacts the **SupportLinc EAP** where he learns about Addiction Navigator, a digital substance use assessment and care navigation tool. After taking a brief assessment, Jeff receives a risk analysis and a personalized action plan outlining recommendations for resources available within the program and pointing him toward appropriate care options.

While he finds the insights gained from **SupportLinc** helpful, Jeff knows he'll need more structure and support, so he tries **Pelago**, a virtual medication-assisted treatment program for tobacco, alcohol and opioid addictions that's available for employees and eligible dependents ages 18+ who are enrolled in a BCBS or UPMC medical plan. Through **Pelago**, Jeff has unlimited access to a team of physicians, nurses, coaches and counselors, and around the clock virtual support, including cognitive behavioral therapy (CBT), tracking and other helpful content. Jeff finds the **Pelago** program easy to use and access – since he always has his phone with him! – and after utilizing the program for a number of months, finds that he has cut his smoking down by quite a bit, giving him the initiative to try exercise again!



• Are you ready to try more exercise, like Jeff?

Jeff has had great success cutting back on smoking using Pelago resources, but realizes that he's starting to gain weight and wants to start exercising. After talking with his doctor, Jeff is cleared to be more active and joins a local gym.

Because Philips supports activities conducive to employee health and well-being, Jeff is able to utilize the Philips **Fitness Reimbursement Benefit**. Under this program, Philips will reimburse Jeff 100% of his gym fees up to \$240 (grossed up for taxes). Only one reimbursement per year can be processed for any expenses incurred/paid from January 1st to December 31st and must be submitted no later than March 31st after the year in which the fitness fees or dues are incurred. The program includes reimbursements for health clubs and independent exercise studios, as well as fitness classes led by an instructor. Employees can also be reimbursed for virtual memberships such as Beach Body, Peloton and class pass.

Resources:

SupportLinc: supportlinc.com (Group code: Philips) or (888) 881-5462

Pelago: my.pelagohealth.com/philips

Fitness Reimbursement Benefit: www.philipsbenefits.com, click on the Well-being tab, Fitness Reimbursement and follow the instructions outlined for reimbursement.

Well-being for Your Whole Self: Mind and Body

Caregiving

Philips offers resources to help take care of your loved ones...and yourself!



- **Are you looking for help with adult caregiving needs? Meet Sarah.**

Sarah takes care of her aging parents and also has her own young family and works full-time. She has been finding it difficult to balance her responsibilities at home and at work while trying to navigate the complexities of caregiving so was happy to learn about Cariloop, a benefit that Philips offers at no cost to help with caregiving needs.

Sarah contacted **Cariloop** and was matched with her own dedicated Care Coach. Sarah told her Care Coach that she was worried about her parents being alone during the day so wanted to find daily caregiving options. She also mentioned that she was feeling stressed about not having care for her parents on the weekends when she had family activities. The Care Coach was able to help her locate and review care options for the times that Sarah couldn't be there, and Sarah was able to find a trusted regular daytime caregiver and support for weekends when Sarah wasn't available.

The Care Coach was also able to help Sarah review her parents' insurance coverage to help identify covered services, and provided options for longer-term care plans to help with future caregiving needs, including help identifying available financial resources.



- **Do you need to find childcare, dog sitters, house cleaners or other care to help your household run smoothly?**

After finding help for her parents, Sarah is now able to focus on services she needs in her own home! She checks out Care.com, a one-stop-shop providing unlimited access to online services to find caregivers for her specific needs.

She first starts by looking for a dog walker who can check in on her pets during the day while the family is at work and school. She finds several options in her area and reviews the detailed provider profiles to find someone who is comfortable with large dogs. And, since summer is on its way, she also gets a head start on looking for summer camps and childcare for her two children. Because of the large network of **Care.com** providers, she's confident that she'll find lots of options for her family when the time is right.

Sarah is happy that Philips provides this service to employees... and even happier that the \$140 annual membership fee is paid for by Philips!

Resources:

Cariloop: www.cariloop.com

Care.com: Philips.care.com

Well-being for Your Whole Self: Mind and Body

Contacts

SupportLinc

Employee Assistance Program

(888) 881-5462
www.supportlinc.com
(group code: philips)

Omada

Healthy Lifestyle (Diabetes Management/Heart Health/ Hypertension)

(888) 409-8687
www.omadahealth.com/philips

Hinge Health

Musculoskeletal (Knee, Back or Joint Pain)

(855) 902-2777
www.hingehealth.com/philips

GI Thrive

Digestive Health

(833) 336-9488
www.githrive.com/philips

Galleri

Cancer Screening

(833) 694-2553
www.galleri.com/Philips

Cariloop

Adult and Elder Caregiving Support

www.cariloop.com

Care.com

Caregiving Needs

www.care.com

Pelago

Virtual Substance Abuse Treatment

my.pelagohealth.com/philips

2nd.MD

Expert Medical Second Opinion

(866) 841-2575
www.2nd.md/Philips

Health Advocate

Personal Health Advocacy

(888) 367-7223
www.healthadvocate.com/members

Your Philips benefits are there to support your physical and mental well-being. Be sure to learn about and make the most of the benefits and resources available to you!

Resources

The Philips Benefits Center is your one-stop shop for all benefit related information.

Benefits Questions?

Contact Health Advocate if you have questions regarding your benefits, need a provider referral, help resolving claims and billing issues, or assistance scheduling tests and appointments. Hours of Operation: Monday-Friday, 8 am-12 am EST

 www.healthadvocate.com/philips  **888-367-7223, Option 1**

