



Help Employees Relieve Stress Through Virtual Counseling

- ▶ Untreated mental health issues can lead to serious physical illnesses like high blood pressure and heart disease, producing more claims and increased healthcare expenses
- ▶ Counseling Services gives employees a way to work through their stresses and struggles from the comfort and convenience of home
- ▶ Employees can access the benefit through the **New Benefits mobile app** and **MemberPortal.NewBenefits.com**

32% of U.S. employees report suffering from severe stress, anxiety, or depression

Those dealing with chronic stress took twice as many sick days per year

51% of employees say they are less productive at work as a result of stress



How Counseling Services Work

- ▶ Employees can call 24/7 for an evaluation, and then schedule a free phone session with an experienced counselor, typically within 72 hours of the initial call
- ▶ Counselors have a master's degree and at least five years of experience, and work with employees to develop goals or seek a long-term solution
- ▶ Counselors are available to discuss and resolve worries about work, financial or legal stress, struggles with grief and loss, relationship issues, and more