

Texas Health Employee Benefits

Well-Being Resources

We care about how you're doing—body, mind and spirit—and want to make it easy to access resources that support your well-being. Check out all that's available through Texas Health. Learn more about these resources, including eligibility details and enrollment information at [BeHealthyTHR.org](https://www.behealthythr.org) or call 1-877-MyTHRLink.

Mental and Emotional Well-being

Texas Health Pastoral Care

[Chaplains](#) are a supportive, compassionate presence—for patients and employees—who can help through hard and stressful times related to work and family life.

Employee Assistant Program (EAP)

[Free, confidential support](#) available to you and your eligible family members 24/7 to help cope with relationship issues, depression, stress, grief, anger, addiction issues and more.

Self-Care Check-In

No-cost [group conversations](#) led by the EAP on topics including coping skills, resiliency and stress relief.

My Life Expert

An online portal available through the EAP with articles, videos, courses, calculators and self-assessments that can be accessed at any time. Click *My Life Expert* in the top right corner of the THR EAP website or [click here](#).

Behavioral Health Visits

Sessions available in person or online to employees enrolled in [UnitedHealthcare or Quantum medical coverage](#) at Texas Health

Talkspace Online Therapy

If you're enrolled in UnitedHealthcare medical coverage at Texas Health, virtually connect with a licensed network therapist. Register at [talkspace.com/connect](https://www.talkspace.com/connect). Have your UHC ID card available when completing registration.

Self-Care by AbleTo

If you're enrolled in UnitedHealthcare medical coverage at Texas Health, get access to self-care techniques, coping tools, meditation, etc. Visit [ableto.com/begin](https://www.ableto.com/begin) and use company access code THR.

Be Healthy Wellness Program through Virgin Pulse

If you're enrolled in medical coverage, take advantage of our Be Healthy Wellness program through the [Virgin Pulse wellness platform](#) that is focused on reducing stress, sleeping well and more.

Applause

A way to show colleagues that you see them, appreciate them and believe they are making a difference. To get started with Applause, visit [MyTHR.org](https://www.mythr.org), select Total Rewards, then My Applause on the left.

Headspace

[Headspace](#) is a mindfulness-based program designed to help with sleep, mindfulness, stress, etc. Premium access to Headspace is free to all Texas Health employees.



Physical Well-being

Be Healthy Wellness Program through Virgin Pulse

The [Be Healthy wellness program platform](#) where employees enrolled in medical coverage at Texas Health can earn rewards for completing activities that also help you meet your health goals. Track your sleep and calories, log your healthy habits and more.

Diabetes Care Program

If you are enrolled in medical coverage with Texas Health and have or are at-risk for diabetes, get support and education for your specific needs along with free test strips and a free glucometer. Find out how to participate [here](#).

Real Appeal® Program

A [weight-management program](#) that includes online weekly coaching and tools including workout DVDs, a food scale and more — for employees and family members 18 or older enrolled in medical coverage with Texas Health who have a BMI of 23 or higher

Be Healthy Breaks

[Short workout videos](#) that can even be done at work to add physical activity to your day, increase your heart rate, improve circulation, and lift your mood

Annual Preventive Care

[Wellness exams](#) and [cancer screenings](#) you should get through your doctor covered on your medical plan option, a dentist covered on your dental plan and/or optometrist covered on your vision plan

2nd.MD

[Second-opinion services](#) for musculoskeletal, cardiac, gastrointestinal and women's health diagnoses, free of charge from a board-certified medical expert if you're enrolled in UnitedHealthcare medical coverage at Texas Health



Kaia

Support for those enrolled in UnitedHealthcare medical coverage at Texas Health with musculoskeletal diagnoses. [Kaia](#) provides education, training and stress-relief options

Fitness Memberships

Discounted memberships to [on-site fitness centers](#) and to virtual classes via the FX Well Digital Fitness app

Employee Discount Program

[Ways to save money](#) and get convenient access to a wide variety of physical well-being products and services including things like meal delivery services, gym memberships, fitness equipment and more

Nutrition Coaching

[Healthy eating plans](#) customized to your health and wellness needs—available to employees enrolled with medical coverage through Texas Health who have a BMI over 28

Quit For Life

[Quit for Life™ tobacco cessation program](#) is available to help any employee and each eligible member of their household 18 years or older quit using tobacco products

Healthy Pregnancy

Maternity Support through UnitedHealthcare or Early Steps through Quantum are [healthy pregnancy programs](#) available to those enrolled in medical coverage at Texas Health

Note: if you're enrolled in medical coverage with Texas Health, check out [BeHealthyTHR.org](#) for tips on using your medical plan, including where to go for care.

Financial Well-being

Free Retirement Planning

Schedule a [one-on-one meeting](#) with a Fidelity Retirement Planner at no cost to you. Fidelity also hosts [webinars](#) on a variety of topics including retirement, budgeting, etc.

Student Loan Repayment Program

\$50 a month contribution to help benefits-eligible employees pay off their [student loans](#) faster. *NOTE: Texas Health Resources is a qualifying employer for the Public Service Loan Forgiveness (PSLF) program.*

SoFi Dashboard

Free credit checks, financial self-assessment quiz, no-cost no-pressure visit with a financial planner and more through the [SoFi Dashboard](#) available to all benefits eligible employees

Be Healthy Rewards

Up to [\\$300 in rewards](#) for completing health activities such as getting an annual exam and cancer screenings, or tracking your sleep or steps if you're enrolled in medical coverage with Texas Health

Wellness Credits

If you have active medical coverage with Texas Health, get up to [\\$520 on next year's paychecks](#) for getting a screening, meeting certain metrics

Tuition Reimbursement

[Tuition and fees reimbursement](#) for approved degree plans for benefits eligible employees

EAP

Through their [work and life services](#), the EAP offers access to a free 60-minute telephonic consultation with a financial coach, as well as free online financial tools for all employees

MyLifeExpert Portal

Videos, articles, calculators and more financial tools are available through the [MyLifeExpert member portal](#) available through the EAP

Employee Relief Fund

Designed to help benefits eligible employees with a grant of money to deal with a [financial hardship](#)

Employee Discounts

[Save money](#) on a wide variety products and services

Pet Insurance

Low premiums on [pet policies](#) that include wellness benefits and more through MetLife for benefits eligible employees

Adoption Assistance

Benefits eligible employees can receive up to \$10,000 for the cost of legally [adopting a child](#)

Paid Parental Leave

Up to three weeks of [paid leave](#) is available to benefits eligible employees to bond with a newborn or placed child



Community Resources

2-1-1 Texas

No matter where you live in Texas, you can dial 2-1-1, or (877) 541-7905, and find information about resources in your local community. Whether you need help finding food or housing, childcare, crisis counseling or substance abuse treatment, one number is all you need to know: 2-1-1. The service is free and is available 24/7. You can also find information online here: <https://www.211texas.org/>.

988 Suicide and Crisis Lifeline

988 routes callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and connects you to trained counselors who will listen, provide support, and connect you to resources if necessary. [Learn more here.](#)

Blue Zones

Blue Zones strives to make healthier choices easier. Learn how you can improve your own well-being through [Blue Zones Project](#) and the Power 9.

Crisis Text Line

Free 24/7 support at your fingertips is available by texting HOME to 741741 to connect with a [volunteer Crisis Counselor](#).

Catholic Charities

[Catholic Charities](#) supports food pantries, housing, immigration and refugee support, to a host of other services. Recipients of these services do not need to be Catholic to receive assistance.



Meals on Wheels America

[Delivers nutritious meals](#), friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity.

Salvation Army

[The Salvation Army](#) supports homeless shelters, food pantries, help for domestic abuse, services for the aging, job training and more.

Tarrant Cares

[An online information service](#) for individuals, families, caregivers and agencies. This site contains resources for all of North Texas, not just Tarrant County.

North Texas Health Communities: Fresh Produce and Healthy Food Resources Network

North Texas Healthy Communities (NTHC) serves as a resource and partner to facilitate and advance priorities that create healthier communities. Operating as a well-being arm of Texas Health Resources, NTHC implements and oversees a variety of programs that support equitable access to affordable fresh fruits and vegetables in locations that are familiar and convenient to residents. [Click here](#) for a list of participating locations of the Good For You Pantry, Fresh Access and Double Up Food Bucks programs.

988 Suicide and Crisis Lifeline

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline) and is now active across the United States. Find out more [here](#).

Veterans Crisis Line

Available 24/7 to Veterans in crisis and their loved ones. For free, confidential support, Dial 988 then Press 1, chat at VeteransCrisisLine.net/Chat or text 838255.