

SWHR Employee Benefits

Well-Being Resources

We want to make it easy to access resources that support your well-being. Check out all that's available through SWHR. Learn more about these resources, including eligibility details and enrollment information at BeHealthySWHRCIN.org or call 1-877-698-4754.

Mental and Emotional Well-being

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](#).

Be Healthy Wellness Program through Personify Health

If you're enrolled in medical coverage, take advantage of our Be Healthy Wellness program through the [Personify Health wellness platform](#). Support is available to aid in reducing stress, sleeping well and more.

Headspace

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

Time Away From Work

SWHR offers a variety of options for [time away from work](#): Paid Time Off (PTO), Bereavement Time Off, My Flex Day and Leave of Absence.

Behavioral Health Visits

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

Talkspace Online Therapy

If you're enrolled in UnitedHealthcare medical coverage at SWHR, virtually connect with a licensed network therapist. Register at talkspace.com/connect. Have your UHC ID card available when completing registration.

Calm App

If you're enrolled in UnitedHealthcare medical coverage at SWHR, Calm brings you a library of support—including mindfulness content and programs created by psychologists—for a variety of health experiences and life stages. Learn more [here](#).



Physical Well-being

Be Healthy Wellness Program through Personify Health

Personify Health is the [Be Healthy wellness program platform](#) where employees enrolled in medical coverage at SWHR 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.

Transform Diabetes Care Program

If you are enrolled in medical coverage with SWHR and have diabetes, the Transform Diabetes Care program is available to provide personalized support. Find out how to participate [here](#).

Noom

A digital health platform that helps you understand your choices, master your mindset, and create healthy habits that last a lifetime. Learn more about this weight management program [here](#).

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

Second Opinion Services

[2nd.MD](#) offers 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 SWHR



Virtual Physical Therapy

[Kaia](#) provides on-demand, personalized support to help relieve pain for those enrolled in UnitedHealthcare medical coverage at SWHR at no cost

Fitness Memberships

[Two fitness membership options](#) are available to all SWHR employees: OnePass Select and FX Well Onsite Fitness Centers

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

Tobacco Cessation

[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 SWHR

Note: if you're enrolled in medical coverage with SWHR, check out [BeHealthySWHRCIN.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.

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 [\\$600 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 SWHR

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 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](#)

Parental Leave Pay

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



Community Resources

Texas Health Community Hope

As the health system that cares for more North Texans than any other provider, Texas Health is committed to delivering support through programs and services that help lead to measurable, sustainable community improvements. For more information, visit [TexasHealth.org/communityhope](https://www.texashealth.org/communityhope).

TexasHealth.FindHelp.com

Find health clinics, housing, food and more in your own backyard by entering your zip code here: [texashealth.findhelp.com](https://www.texashealth.findhelp.com).

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: [211texas.org](https://www.211texas.org).

Tarrant Area Food Bank

Tarrant Area Food Bank distributes food to pantries and other nonprofits across North Texas who are ready to serve those in need. Learn more and check the food map [here](#).

North Texas Food Bank

The North Texas Food Bank (NTFB) is a nonprofit hunger relief organization that distributes donated and purchased foods through a network of nearly 500 Partner Agencies and Organizations in 12 counties. Learn more [here](#).



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](#).

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.

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](https://www.VeteransCrisisLine.net/Chat) or text 838255.