

# WE CARE ABOUT YOU



HCSG offers a comprehensive array of benefits to support our associates and their family's health and well-being.

## FREE BENEFITS



### TELEMEDICINE

As an HCSG employee, you, your spouse, and your dependents will have access to Doctors 24/7/365 with \$0 copays.



### EMPLOYEE ASSISTANCE

The Employee Assistance Program offers a variety of free health, mental fitness, financial, and family services to help promote well-being and enhance the quality of life for employees and their families.



### PRESCRIPTION DISCOUNTS

The SmithRx drug savings program entitles you and your dependents to 80% discounts on most FDA-approved prescription medications. The program is 100% free to use — there are no deductibles, no maximums, and no pre-existing condition exclusions.



### DISCOUNT PROGRAMS

Through TicketsAtWork, employees can access thousands of exclusive discounted tickets for concerts, amusement parks, sporting events, travel, rental cars, mobile phone plans, and more.



### BENEFITS

An array of medical, dental, vision, and other supplemental health plans.



### TRAINING & DEVELOPMENT

Our promotions-from-within philosophy opens the door to a robust career with HCSG!



### NATIONWIDE OPPORTUNITIES

Transfers are available Nationwide -- great for active Military and Family!



### PAID TIME OFF

Holidays and Vacation for eligible employees.



### EMPLOYEE STOCK PURCHASE PLAN

Investment opportunities are available to all eligible employees after two years of service.



# WE CARE ABOUT YOUR MENTAL HEALTH



HCSG offers an array of FREE health and mental fitness services to help promote well-being and enhance the quality of life for employees and their families.

## FREE PROGRAMS FOR YOU AND YOUR FAMILY MEMBERS



### Short-Term Counseling

Employees and household dependents can receive up to 3 in-person or virtual counseling sessions per issue.

Counseling sessions are 60 minutes via phone, video, or in-person with a clinician. Sessions are focused on higher-level mental health needs such as anxiety, grief, or stress. The care team will conduct a brief telephone assessment and provide a list of providers based on your needs and preferences.



### Online Support Groups

Employees can join online support groups with others with similar issues to share ideas, support, and encouragement. All employees and dependents are eligible for 10 peer support group sessions annually.

Offering a wide variety of groups, which are confidential and led by certified peer specialists or recovery coaches: Addiction Recovery, Anxiety, Depression, Front Line Employees/First Responders, Grief and Loss, and Parenting.



### Work-Life Matters (EAP)

Unlimited 24/7 access to specialists in areas of family and caregiving, health and wellness, emotional wellbeing, daily living and balancing work and life responsibilities.



### Other Support Services

Unlimited telephonic support for financial problems or planning needs and legal services, access to online legal documents, newsletters, resource flyers, webinars, training, prescription discounts, and more!

[go.hcsg.com/EAP](https://go.hcsg.com/EAP)



### Connect with a Counselor to access FREE Support Services



[eapcounselor@uprisehealth.com](mailto:eapcounselor@uprisehealth.com)



1-800-386-7055  
Available 24/7



Scan the QR Code or go to  
[go.hcsg.com/EAP](https://go.hcsg.com/EAP)

Access Code: **worklife**



If you are enrolled in the PHMP you also have access to their mental health line.

For more information call  
Key Benefit Solutions at  
1-877-396-3048

**NATIONAL SUICIDE PREVENTION LIFELINE: 988 OR 1-800-273-TALK**