

# Einstein Employee Benefit Resources to Help You Through COVID-19

We recognize that this is an incredibly difficult time to work in healthcare, and we thank all our employees for the amazing jobs you do every day. This page highlights Einstein-specific employee resources that are available to you to take advantage of during these challenging times:

**Carebridge** – Our Employee Assistance Provider (EAP) is available for you 24/7/365. Employees and their family members can receive six free sessions, per topic, per year, on issues like stress management, anxiety, depression, financial issues, and more. You'll speak confidentially with a professional behavior health clinician skilled in your area of concern. Contact Carebridge by calling 215-456-8484, then press #3, visit [myliferesource.com](http://myliferesource.com) (your code is 9F86J), or download the Carebridge EAP app.

**Chaplains** are here for you as well as patients, to support your human spirit – no matter what religion, or no religion. The team is providing extended hours to support staff, 7AM to 6PM, Monday – Friday. Call them at 215-456-3996. Leave a confidential message and a chaplain will return your call ASAP. If the need is urgent, someone is available onsite 24/7, just page 07064. If you'd like to arrange a special call-in meditation or prayer for your particular unit or department, please call Laura Romano at 215-456-9799 or e-mail [RomanoLa@einstein.edu](mailto:RomanoLa@einstein.edu).

**EinsteinDirect** – Have a phone or video consultation with an EinsteinDirect physician (\$10 copay for Einstein health plan members, \$49 copay for everyone else) for many medical conditions including cold and flu symptoms, allergies, bronchitis, skin problems, sinus problems, and more! If needed, doctors can send a prescription to the pharmacy closest to you. Visit [EinsteinDirect.com](http://EinsteinDirect.com) or download the mobile app, and after a quick and easy profile setup process, you can request a consult.

**Nutrition Counseling** – On an IBX Health plan? Get 6 free sessions with Einstein's Registered Dietitian, Megan Carrier, and speak about topics like stress and emotional eating, healthy snacks on-the-go, weight management, and more. Contact Megan at [CarrierM@einstein.edu](mailto:CarrierM@einstein.edu) to schedule your nutrition counseling call today!

**For more resources visit [EinsteinLiveWell.com](http://EinsteinLiveWell.com), click Programs, then click Caring for the Caregiver**



## RedBrick

All benefit-eligible employees and spouses on an Einstein health plan have access to a variety of resources through your RedBrick Health portal. Try a self-guided Journey, like *Get Strong at Home* to keep your body moving, *The Smart Snacking Journey* to help you curb cravings and power your energy, *10-Minutes a Day to Stress Less* or *Self-Care in 10-Minutes a day* for quick actionable tips and strategies for your mental health. You can also schedule a call with a coach on topics like stress, anxiety, depression, sleep, and more.

New free resources were added to the portal that will be available through the COVID-19 pandemic, most notably **meQuilibrium** – a personalized resilience building experience designed to help tap into one's full potential. Learn skills to manage stress, bounce back from adversity and control emotions and behaviors in hard times. Struggling to workout since your gym closed? Check out **Aaptive** which uses a combination of scientifically effective programming, empathetic trainers, and uplifting music to provide access to thousands of workouts and programs, created and guided by world-class certified trainers.

For more information, please log into your RedBrick portal via the RedBrick Health app or visit [EinsteinLiveWell.RedBrickHealth.com](http://EinsteinLiveWell.RedBrickHealth.com).