

WELL-BEING RESOURCES

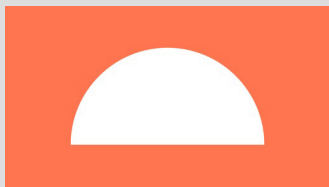
available to all Compass Group associates and their dependents



Say hello to **Sanvello** for on-demand help with stress, anxiety and depression. Through this program, you can connect with powerful tools that are there for you, when you need them. <https://bit.ly/2UgaIWE>



If you're struggling with falling asleep or staying asleep, **Sleepio** can help you get to the root of the problem. Sleepio is a 6-week online program that can help you to rebuild a healthy sleep pattern and address even the most stubborn sleep problems. <https://bit.ly/2yODGkp>



Daylight (App Only) helps you cope with all the feelings of worry and anxiety. This app listens and talks to you, understands your challenges and goals, and guides you through strategies for reducing worry and anxiety in your life. <https://bit.ly/39cnxW1>



If you believe that you have symptoms of coronavirus, or have questions about it, **Teladoc** doctors are available 24/7 to evaluate your risk, answer any questions, and help with next steps if necessary. To talk with a doctor, call **800-835-2362** or visit [Teladoc.com](https://www.teladoc.com).*



HealthAdvocate™

As the coronavirus situation continues to evolve, you might feel stressed or overwhelmed. We're here to help. The free and confidential **Employee Assistance Program** line is now available through HealthAdvocate. Call **877-240-6863** to connect with a licensed counselor 24/7.

VISIT ALTOGETHERGREAT.COM FOR MORE INFORMATION!

*Teladoc is available through the end of May 2020. Consultations are provided at no cost if you are enrolled in an eligible Compass Group medical plan and \$49/visit for those not enrolled in an eligible plan.