To support your resilience and well-being especially during challenging times, connect to these valuable resources:

**Employee Assistance Program (EAP)**
- For team members
  - No cost, confidential telephonic self-referral services that include an evaluation, EAP consultations focused on skill building, education and support (up to 4 total), as well as in-network behavioral health referrals
  - Child care and elder care referrals
  - Financial, legal, educational assistance, mediation and adoption consultations
  - Video and phone COVID-19 support groups to address ways to cope and manage stresses and challenges
- For leaders
  - Presentations on resiliency and psychological and emotional well-being for units and departments
  - Psychological First Aid (PFA) for units, departments and team members who experience traumatic events
  - Psychological and drug and alcohol fitness-for-duty referrals

**Call Illinois EAP: 800-775-0304 | Wisconsin EAP: 800-236-3231**

**Mission & Spiritual Care Services**
- Chaplain Connect – Access a chaplain 24/7 at 855-483-6977. Chaplain visits are confidential and customized to support your own spiritual or religious perspectives
  - [Virtual worship services, prayers and rituals](#) from world faith traditions can help you stay connected to cherished spiritual and meditative practices.
  - Daily Reflections: Daily email featuring inspirational readings, quotes and poems. These reflections encourage you to pause and take note of the ways inspiration is present in our daily lives. [Subscribe](#)
  - [Team Member Crisis Fund](#): This fund provides financial assistance to qualifying Advocate Aurora Health team members who are in emergency situations related to a temporary financial crisis.

**Family Care Resources**
- This forum summarizes family care resources to identify caregivers for children, adults and pets. Go to [aahbenefits.org > Family Care Resources & 2020 Benefit Information](#).
Healthy Living
• Our team member Healthy Living portal includes a broad range of education and tools to encourage and support your health and well-being.

LiveWell with the Advocate Aurora Health app
• The LiveWell app allows you to manage appointments and medications, test results and billing, provides wellness tips and health quizzes, and offers easy access to video visits and other virtual care.

Advocate Aurora Health fitness centers
• Many Advocate Aurora fitness centers offer free virtual classes for all. Check their Facebook pages for a list:
  • Advocate BroMenn Health & Fitness Center
  • Advocate Condell Centre Club
  • Advocate Good Samaritan Health and Wellness Center
  • Advocate Good Shepherd Hospital Health & Fitness Center
  • Advocate Lutheran General Fitness
  • Aurora Wellness Center in Burlington

Integrative Therapies
• Online courses teach evidence-based mind and body techniques for stress management that are easy to learn and simple to practice.

Advocate Aurora health enews
• Daily emails focus on health topics and tips with Advocate Aurora subject matter experts sharing their knowledge in timely articles. Subscribe

Advocate Aurora Health Discounts - Benefit Hub
• Find discounts on the Benefit Hub for products and services for staying healthy, home food delivery, at-home fitness, entertainment, family activities, grocery delivery, financial wellness and education. For questions, call 866-664-4621.