# TAKE CHARGE -OF YOURMENTAL WELL-BEING

Invited



Mental well-being is about feeling content, staying strong when things get tough, and confidently navigating life's ups and downs with ease. Having the resources you need to prioritize self-care and manage your well-being has never been more important. Last year, 43% of Americans reported feeling more anxious than the year before, and 53% identify stress as their biggest challenge. Not only can ongoing stress lead to serious health conditions, but it can also affect your daily life, relationships, work productivity, and overall quality of life.

Here's some good news: As an Employee of Invited, you and your family have access to affordable mental well-being resources. Whether you're caring for a loved one, seeking connection or navigating a challenging time, your well-being is our priority. When you feel your best, everyone benefits.



# **Questions?**

Contact an Invited Benefits Specialist by phone at **(833) 964-2967** or email **invitedbenefits@avantsb.com**.

# Check Out the Newly Redesigned website, InvitedBenefits.com!

Our benefits site has a fresh new design, while still offering the same tools and information you rely on. We've also added some great new features to the site, including:



A searchable Benefits Guide to help you find the benefits information you need with fewer clicks



A life events tool that provides guidance on how to update or change benefits when you have a mid-year qualifying event (i.e., a change in marital status, birth or adoption, or loss of other benefits coverage)



A Learning Library including videos and other educational resources to help you better understand your benefits

Finding what you need is now even easier - check out **InvitedBenefits.com**!



# Stop by for a Chance to Win!

Visit **InvitedBenefits.com** by June 30, 2025, and enter to win a \$250 gift card\*. While you're there, tell us which health and well-being topics matter most to you and how you would like to receive information.

\* Ten random drawing winners will be selected. Contest sponsored and administered by SimplyConnect Consulting, LLC.

# Benefits That Keep You on Course: Any Time, Anywhere

We offer a variety of resources to support the mental and social well-being of every Invited Employee. Additionally, if you're enrolled in an Invited medical plan, you have some additional benefits available.

### FREE Mental Well-being and Wellness Support (All Employees)

You and your family have access to free mental well-being and wellness support through SupportLinc, our Employee Assistance Program (EAP). EAP can help you work through challenges that may arise, such as marital difficulties, grief counseling and anxiety—with six free counseling sessions per incident, per year.



### SupportLinc also offers legal and financial guidance, and referrals for:



**Everyday needs**, such as home and auto repair, travel, pet care and volunteer opportunities



Dependent care, including daycare, home childcare, nannies and recreational programs



**Elder care**, including adult daycare, assisted living and home health care



# **Making the Connection**

Care is available whenever—and however—it's most convenient for you (e.g., via phone, email, live chat or in-person sessions). Here's how to contact SupportLinc:

- By phone at (888) 881-LINC (5462) (username: invitedclubs)
- **Online** by scanning the QR code or visiting supportlinc.com (username: invitedclubs)

SupportLinc's confidential services are available 24 hours a day, seven days a week.



### **Enrolled in an Invited Medical Plan?**

### There's More!

In addition to our SupportLinc resources, you and your dependents have access to these additional mental well-being benefits:

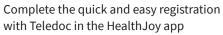
- Free, unlimited telehealth visits through HealthJoy, a mobile app that connects you to highquality licensed therapists and psychiatrists. You can schedule video or phone appointments for you and your dependents aged 13 and older via the HealthJoy app.
- NEW for 2025! \$10 copay for mental well-being office visits both in- and out-of-network—for you and your covered dependents if you're enrolled in our UHC Choice Plus PPO Medical Plan.
- \$30 copay for mental well-being visits to Tier 1 providers for SimplePay Medical Plan for enrollees and your covered dependents.

## All the Support You Need... Right at Your Fingertips

To connect with a telehealth provider:

Download and activate the HealthJoy app

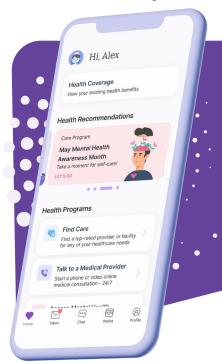
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Start an online consultation or call HealthJoy at (877)500-3212 (available 24/7)





# Stronger Together: How Giving Back & Staying Active Can Boost Well-being

Helping others is the secret sauce to a happy life.

-Todd Stocker

Mental well-being goes beyond clinical care, it's also about meaningful connection and self-care. Volunteering and leading an active lifestyle have been shown to enhance mood and may even help you live longer. That's why we encourage you to team up with others and get involved in your community. Here are a few suggestions:



### **Blood Drive Program**

Invited partners with the American Red Cross to sponsor local drives to help meet communities' demands for blood. In fact, we hosted more than 160 blood drives at our Club in 2024. Find a local blood drive at redcross.org/give-blood.



### **Employee Care Fund**

Want to make a difference for colleagues who are in need? Consider a contribution to the Invited Employee Care Fund, which provides financial assistance to individuals experiencing a personal hardship or navigating through an unexpected disaster (i.e., losing a home due to a natural disaster or having a serious illness requiring costly treatment).



To learn more about the Employee Care Fund and how to make or apply for contributions, scan the QR code or visit InvitedEmployeeCareFund.com



### **Get Active Together**

Did you know that staying active boosts your endorphins and improves your mood and mental well-being? Enhance these benefits by connecting with others. So, gather your friends and family, head outside, and get moving with healthy fun like walking, swimming, bike riding, or enjoying your favorite hobbies.



### **Military Support Programs**

Support local non-profit organizations serving military personnel and disabled veterans, including enhancing their access to mental wellbeing services and other essential resources.



### Want to Get Involved?

Take part in volunteer opportunities taking place in your community or through your Club or office location. Learn more about volunteer opportunites near you at **volunteermatch.org**.



5221 North O'Connor Blvd., Suite 300 Dallas, TX 75039 Your mental well-being is important; know what works for you and where you may need to seek some support. Look inside to learn more about your mental well-being benefits and get a preview of the newly updated website InvitedBenefits.com.

¿Prefieres español? Escanee el código QR o visite InvitedBenefits. com para acceder a este correo en español.



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