



Find Support for Your Mental Health

Get help caring for every part of your emotional well-being with Your Pathway to Wellness

Your Pathway to Wellness is designed to support you, year-round, in all avenues of wellness: emotional, physical, financial and environmental/social. No matter your goals, we're here to provide you with tools, resources and support.

Achieve more with WebMD tools

- **Health Coaching:** Work one-on-one with a trained health professional. A coach can help you cope with stress, improve your sleep, connect with others and more. It's free, convenient and confidential.
- **Daily Habits:** Choose a goal and track your progress one day at a time. Start a Plan that can help you exercise, sleep better, find a work-life balance and more.
- **Wellness Videos:** Follow along with guided meditation videos and cooking demonstrations or catch webinar recordings, exercise guides and much more.
- **meQuilibrium:** Discover mental health tools and activities that can help you sleep better, fight stress, find a work-life balance and more.
- **Enrich:** A financial well-being program that offers tools that can help you save, pay off debt and achieve your personal money goals.

Get started with WebMD's proven tools at webmdhealth.com/countyoforange.

More resources from Your Pathway to Wellness

- **Resources for Living:** AETNA EAP is now Resources for Living, a free and confidential benefit that can help you and your eligible dependents improve your well-being and manage everyday concerns.
 - » Log in to your EAP website resourcesforliving.com.
Username: Orange County ca
Password: eap
- **Mind Companion Self-care:** Build resilience in a few minutes a day with this free and secure self-guided digital program. Click [here](#) to learn more.
- **Wellness Center:** It's a perfect place to rest or get a workout in during your workday. You'll find relaxation pods, yoga classes, meditation room, sound bath classes, cutting-edge exercise equipment and so much more. See all of our resources at countywellnesscenter.weebly.com.
- **Onsite or virtual counseling** – Our Behavioral Health Counselor, Mi Yun Greenberg, PsyD LMFT, is here to provide one-on-one counseling and group education on anxiety, stress, depression, trauma and more. Schedule an appointment at 714-834-7028 or CountyofOrangeBH@evernorth.com.
- **Headspace** – The world's first integrated mental health platform where coaches, therapists and psychiatrists work as a team to coordinate the best personalized care. Right from your smartphone, whenever you need it. Employees enrolled in a County of Orange health plan can find more information on their health plans' website on how to download the Headspace app to get started. Find more information at webmdhealth.com/countyoforange.
- **Health plan resources** – Access even more well-being resources from Kaiser, Cigna and Blue Shield.
 - » Kaiser – my.kp.org/oc/
 - » Cigna – campaigns.cigna.com/countyoforange/
 - » Blue Shield – myoptions.blueshieldca.com/oc

