

# Your Wellness Solutions

For ALL Benefit-Eligible Employees

» All employees regularly scheduled 20+ hours per week



## Start Here ↓



### Dedicated Nurses

Need help navigating your health and wellbeing? Lockton's nurse advocates provide guidance on medical challenges, understanding health insurance plans, and can point you to the right resources.

[taylorlna@lockton.com](mailto:taylorlna@lockton.com)  
833.782.7403

### Employee Assistance Plan

Feeling overwhelmed or need support? Confidential assistance is available 24/7 for you and your family members – on everything from relationships and work/life balance to legal and financial challenges.



[guidanceresources.com](http://guidanceresources.com)  
Click Register;  
use Org Web  
ID: LFGSupport  
888.628.4824



### Addiction Support

Struggling with addiction or supporting someone who needs help? Confidential support is just a click away.



[justfive.org/taylor](http://justfive.org/taylor)



### Education Resources + \$ Incentives

Want to learn more about health, wellness and how you can save on your health plan premiums? Wellworks can help you achieve your goals.



[wellworksforyoulogin.com](http://wellworksforyoulogin.com)  
Download the app  
800.425.4657



### Federal & State Plans

Need help understanding federal and state benefit options? FEDlogic can coach you on Medicare/ Medicaid, Social Security, COBRA alternatives and more.



[employees.fedlogicgroup.com/](http://employees.fedlogicgroup.com/)  
(code: tayl21)  
877.837.4196

See what's available to Taylor medical plan members → →

# Your Wellness Solutions

For Taylor Medical Plan Members



## Virtual Physical Therapy

Struggling with joint and muscle pain or need injury/pre-surgery support? Hinge Health provides personalized therapy and coaching in a digital environment.



[help@hingehealth.com](mailto:help@hingehealth.com)  
 855.902.2777  
[hingehealth.com/for/taylor](https://hingehealth.com/for/taylor)  
 Download the app



## Personalized Health Coaching

Are you or your adult dependents dealing with chronic health conditions like diabetes, high blood pressure, mental health issues or obesity? Coaching and a virtual health program are available through Vida.



[vida.com/taylor](https://vida.com/taylor)  
 Download the app



## Transform Diabetes Care

Need help managing diabetes? CVS Caremark offers individual coaching to help you develop a nutrition plan, track your glucose through their Health Optimizer app, and manage your medications.



[caremark.com](https://caremark.com)  
 800.405.6432



## Family Planning & Support

Looking for fertility guidance or newborn care? Maven offers dedicated programs for fertility and family building, maternity and infant support, parenting and pediatrics, menopause and mid-life health.



[mavenclinic.com/join/takecare](https://mavenclinic.com/join/takecare)

See what's available to ALL benefit-eligible employees → →