

# BENEFITS NEWS

June 2022

## Employee Assistance Program

Sudden, shocking events in our lives, local communities, or another part of the world can often leave us overwhelmed with emotions. As a reminder, Powell's Employee Assistance Program with ComPsych can provide professional support at no cost to you and your family members dealing with these emotions. Services are 100% confidential and counselors are available 24/7. You can reach ComPsych at 877-595-5291.



### MDLIVE

MDLIVE is a great telemedicine option for doctor visits while traveling this summer. MDLIVE is a convenient and low cost way to consult a board-certified doctor anytime, anywhere. Employees and covered dependents enrolled in one of Powell's medical plans have a \$25 copay/visit. For more information, [click here](#).



### FITNESS PROGRAM

Beginning June 1, new members who want to enroll in the Fitness Program through BCBS will have the \$19 enrollment fee waived if you sign up by June 30. For more information, [click here](#).



Text **BENEFITS** to **833-234-9576** to receive text messages regarding important Benefits information.