

# BENEFITS NEWS

December 2023

## Handling Holiday Stress

The holidays should be filled with happy memories, laughter and carefree fun but often it's the time of year that causes us the most stress. Powell offers many resources to manage your mental wellbeing.



### MDLIVE

MDLIVE is a great option if you have the holiday blues. MDLive can also be used to manage your mental health with access to board-certified physicians and licensed therapists. Employees and covered dependents enrolled in one of Powell's medical plans have a \$25 copay/visit.

### EAP

Powell's Employee Assistance Program (EAP) with ComPsych can provide professional support at no cost to you and your family members. Services are 100% confidential and counselors are available 24/7. You can reach ComPsych at 877-595-5291.

### VIRTUAL WELLNESS FAIR

Powell's Virtual Wellness Fair is a new addition to the Empowered website under YOUR WELLBEING that features useful information, websites and educational videos related mental health, heart health, diabetes, and financial fitness.



**SIGN UP  
NOW!**

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

Questions on Benefits? Check out Powell's Benefit Web Portal, [EMPOWERED](#) or call the Powell Benefits Center at 1-855- 855-7610.