

# Supporting Your Well-being While You're on Leave

Qnity™ offers benefits and resources to support you and your family, whatever your needs might be.

## Medical Plan Advisors

Aetna One Advisor (A1A) is available at no cost to all Qnity™ Medical Plan participants. A1A can help answer your questions and:

- Find in-network providers, urgent care centers, and labs.
- Help explain a recent diagnosis.
- Simplify medication and track prescriptions.
- Identify programs to help manage stress or other conditions.



1-833-728-2545

[myaetnawebsite.com](https://myaetnawebsite.com)

## Joint Pain and Muscle Therapy

Hinge Health, our digital physical therapy program partner, can reduce your pain and help you avoid more invasive treatment options. This free, app-based physical therapy program is available to all Qnity™ Medical Plan participants, can easily fit your schedule, and can be done anywhere, at any time.



1-855-902-2777

[hingehealth.com/qnity](https://hingehealth.com/qnity)

## Mental Health Services

You and your family have access to our free Employee Assistance Program (EAP), administered by ComPsych. Through the EAP, you receive 12 free counseling sessions per issue, per year. The EAP can help with just about anything: depression and anxiety, financial issues, or generally a bad day. All sessions are confidential.

Employees and their dependents enrolled in a Qnity™ Medical Plan have access to additional mental health support through Lyra Health, which provides:

- In-person and virtual therapy options, including mental health coaching.
- Medication management.
- Unlimited access to wellness tools for self-care, managing stress, strengthening relationships, improving sleep and more!
- Assistance finding additional treatment when necessary.

lyra

1-844-704-0802

[qnity.lyrahealth.com](https://qnity.lyrahealth.com)

COMPSYCH®

1-866-519-8354

[guidanceresources.com](https://guidanceresources.com)  
(Web ID: QnityEAP)

## Family-Building or Hormonal Health Support

Carrot is available to all Qnity™ Medical Plan participants and can be used as a resource for you on your journey with family-building or hormonal health changes. Carrot provides support for things like:

- Understanding fertility health.
- Pregnancy and post-partum.
- Adoption and surrogacy.
- Menopause and low testosterone and more!

**CARROT** [get-carrot.com/signup](https://get-carrot.com/signup)

## There's a benefit for that!

Learn more about these benefits and all the Qnity™ benefit offerings by visiting - [myvbf.com/qnity](https://myvbf.com/qnity).