



### Mass4YOU benefit change | eMindful resources

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The GIC has learned that eMindful resources will no longer be available under the Mass4YOU employee assistance program (EAP) effective January 1, 2022.

While we do not anticipate significant member disruption, we want to remind staff that there is a comprehensive suite of free mind/body and life/work resources available to GIC benefits-eligible employees and their families on [liveandworkwell.com](https://liveandworkwell.com) (access code: mass4you).

#### **Additional benefits include:**

- Three in-person or Tele-EAP (virtual) counseling visits per issue per year – at no cost.
- 30-minute telephonic or in-person legal or mediation consultation per issue per year – at no cost.
- Guidance from a financial advisor to help with debt, foreclosure, financial planning, and more.
- Referrals for a variety of Work-Life convenience services: child care, elder care, and more.
- Access to Optum’s 24/7 confidential Substance Abuse Treatment Helpline and a licensed clinician.

Thank you,  
The Group Insurance Commission