

Well-being Resources

Available to enhance your total well-being:



2.1.1
Get Connected. Get Help.™

Get connected with experts & confidential, caring assistance, including food resources, medical screenings, housing, etc.

care.
for Business.™

Care is a free, 24/7 multi-lingual, confidential service for referrals, guidance, discounts, and solutions.


EMPLOYEE ASSISTANCE PROGRAM (EAP)


Support for anyone in your household to receive real solutions for everyday challenges, from anxiety to crisis and more.

talkspace

Convenient, confidential online therapy via EAP; send audio, video and/or text messages with a dedicated licensed therapist anytime, anywhere.

Grokker™
Be a better you.

Well-being app with unlimited, free access to over 4,000 expert-led videos, featuring nutrition, exercises, meditation and more.

 **headspace**

Mindfulness tools app with free membership, includes support for better mental health through guided meditation, sleep, focus exercises.

Fidelity

Provides retirement plan administrative and recordkeeping services with more than 65 years of financial services experiences.

PARTNERS!
FEDERAL CREDIT UNION

Operated by Cast Members for Cast Members, Crew, Imagineers, retirees, employees, and families, from banking to financial assistance.

Disney Benefits
by your side

From Medical Plan Options to Retirement Savings, includes access to health coaching and medical plan wellness rewards.