Well-being Resources

Available to enhance your total well-being:





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



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



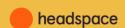
Support for anyone in your household to receive real solutions for everyday challenges, from anxiety to crisis and more.



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



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



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



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



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



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