

# CCS Staff Health and Wellness

## Contacts and Resources

HEALTHY BODIES  
ACTIVE MINDS  
COLUMBUS CITY SCHOOLS



ALL EMPLOYEES

### CCS Staff Wellness Initiative

The CCS Wellness Initiative offers free, comprehensive wellness programs and resources to support you. Available resources as a CCS employee include mental health support, fitness classes, financial wellness, and more.



[ccsoh.us/wellness](http://ccsoh.us/wellness)



[wellness@columbus.k12.oh.us](mailto:wellness@columbus.k12.oh.us)

### Employee Assistance Program, Health Advocate

With Health Advocate, you have access to free, confidential, 24/7 assistance with personal, family, work issues and more. This benefit is available to you and your extended family members - all at no cost to you.



866-799-2728



[HealthAdvocate.com/columbuscityschools](http://HealthAdvocate.com/columbuscityschools)



Health Advocate App

### UnitedHealthcare Emotional Support Line

The emotional support help line is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It will be open 24 hours a day, seven days a week.



866-342-6892



EMPLOYEES WITH DISTRICT HEALTH INSURANCE ONLY

### Virtual Behavioral Health / Getting Help On-Demand

Reaching out may be hard- especially if you might not want anyone to know you're hurting. From the privacy of your home and the convenience of your mobile device or computer, you can receive caring support from a licensed therapist.



[myuhc.com](http://myuhc.com) > Find Care > Virtual Visits  
Directory > Virtual Behavioral Care >  
Get Started



[download AbleTo](#)



[download Talkspace](#)

### Virtual Visits

Whether you're at work, home, traveling, — a Virtual Visit lets you talk with a doctor by video 24/7. If needed, a Virtual Visit doctor can treat and prescribe medication for everyday illnesses like the flu, sinus infections, a cough and more.



[myuhc.com/virtualvisits](http://myuhc.com/virtualvisits)



[download the UnitedHealthcare® app](#)

### Chronic Disease Management Programs

When you live with an ongoing health condition, support programs can be a helpful way to get guidance along the way. Get in touch with experts who are trained to help you find healthy ways to cope, help you learn to live a rewarding life and overcome challenges you may face.



844-210-6436

### PatientsLikeMe

Need help? You are not alone. Learn ways to help manage a condition from people who may have had similar experiences as you. Together, we may heal, get answers and take charge of our health.



[www.patientslikeme.com/join/myUHCBH](http://www.patientslikeme.com/join/myUHCBH)

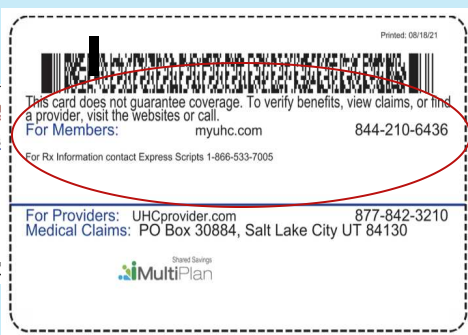
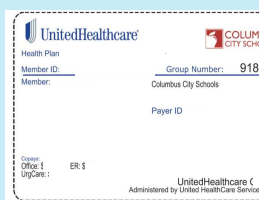
### Real Appeal

Real Appeal® is a free online lifestyle program designed to help you lose weight, feel better, and improve your health — one small step at a time. Real Appeal is available to you and eligible family members at no additional cost as part of your health plan benefits.



[columbuscityschools.realappeal.com](http://columbuscityschools.realappeal.com)

## DID YOU KNOW?



The back of your insurance ID card includes the health plan website and phone number, where you can check benefits and coverage, view claims, find a doctor, ask questions and more.