

Wellness Support Guide

Free and confidential programs that support your mental health and everyday wellbeing.

Why this matters: Everyone faces stress, loss, or personal challenges at some point. KTC offers several free or low-cost programs to support your mental, emotional, and everyday wellbeing — for you and your household.

Employee Assistance Program (EAP)

Free, confidential support available 24/7 for you and your household members — at no cost.

- Confidential counseling for stress, anxiety, relationships, grief, and substance use
- 24/7 phone and virtual access
- Legal and financial consultations available

SMART TIP

You don't need to wait until something feels unmanageable — the EAP is there to help early, privately, and at no cost.

HealthJoy Mental Health Support

- Support for anxiety, stress, or depression
- Relationship or family challenges
- Sleep concerns and coping with grief or major life changes
- Ongoing talk therapy or check-ins with a licensed counselor

Chronic Condition Coaching (Livongo by Teladoc)

- Free, personalized coaching for diabetes, high blood pressure, and weight management
- Unlimited access to data tracking, progress feedback, and in-the-moment support
- 24/7 support from certified coaches following AHA/ADA/ADCE standards

Standalone Telemedicine Plan

For household members not enrolled in KTC's medical plan — round-the-clock virtual care for one low monthly rate.

- Speak with a licensed doctor 24/7 by phone or video
- \$0 visit fee — you only pay for prescriptions if needed
- Covers your entire family for one flat monthly rate
- No deductible, no waiting rooms, no appointment needed

Everyday Wellness Perks

- **LifeMart:** discounts on gyms, diet plans, groceries, travel, and family essentials
- **CancerCARE:** nurse guidance and access to top cancer treatment centers if you or a covered family member is diagnosed — call 877-640-9610 to register

Resource	Contact	What it helps with
Employee Assistance Program	breehealth.com	Confidential counseling, legal/financial help
HealthJoy App	healthjoy.com	Mental health support, care navigation
Livongo by Teladoc	Enroll via HealthJoy	Chronic condition coaching
CancerCARE	877-640-9610	Cancer treatment support
LifeMart	lifetimebenefitsolutions.com	Everyday discounts