







# Be Your Best You

## Benefits for the whole you





We're all in pursuit of our best life — a life that's healthy, secure, and satisfying both in and outside of work. H&R Block is committed to providing you with tools and resources that support your overall well-being.

Take time to explore the range of benefits that make up H&R Block's well-being program.



Do you...	Check out ...	Get started ...
<p><b>Want to get healthier?</b></p> 	<p><b>Virgin Pulse</b></p> <ul style="list-style-type: none"> <li>• Support to help lose weight and eat or sleep better</li> <li>• Network with associates and friends working towards similar goals</li> <li>• Earn points and rewards! Each quarter, associates can earn up to \$100 and spouses/domestic partners can earn \$50 in Pulse Cash</li> </ul>	<p><a href="https://join.virginpulse.com/blockwellbeing">join.virginpulse.com/blockwellbeing</a>, or download the Virgin Pulse App</p>
<p><b>Want to focus on mental health?</b></p> 	<p><b>Whil</b></p> <ul style="list-style-type: none"> <li>• 250 activity-based, digital courses that support your resiliency, stress management, mindfulness, and emotional well-being</li> <li>• Earn Virgin Pulse points for every course you complete</li> </ul>	<p><a href="https://join.virginpulse.com/blockwellbeing">join.virginpulse.com/blockwellbeing</a></p>
<p><b>Need care from a doctor or therapist?</b></p> 	<p><b>LiveHealth Online</b></p> <ul style="list-style-type: none"> <li>• Private, secure, on-line video visits with a doctor, therapist, or psychiatrist</li> <li>• Instant or planned visits are available 24/7</li> <li>• Free in 2021 if enrolled in an Anthem medical plan</li> </ul>	<p><a href="https://livehealthonline.com">livehealthonline.com</a></p>
<p><b>Want counseling support?</b></p> 	<p><b>Employee Assistance Program (EAP)</b></p> <ul style="list-style-type: none"> <li>• Professional support including counseling, financial, and legal resources</li> <li>• Unlimited telephone consultations and five sessions, and help finding long-term providers</li> <li>• Confidential, free, and available to you, your spouse and dependents 24/7</li> </ul>	<p>Call 866-799-2728 or <a href="https://members.healthadvocate.com/Home">members.healthadvocate.com/Home</a></p>

(continued on the back)

Do you...	Check out ...	Get started ...
<p><b>Have concerns about Type 2 diabetes?</b></p> 	<p><b>Omada</b></p> <ul style="list-style-type: none"> <li>• Personalized weight loss program that best fits your needs and lifestyle, plus a digital scale, weekly online lessons, a professional health coach, and peer group support</li> <li>• Free if enrolled in an Anthem medical plan and at risk for type 2 diabetes</li> </ul>	<p><a href="https://omadahealth.com/hrblock">omadahealth.com/hrblock</a></p>
<p><b>Want support to manage diabetes?</b></p> 	<p><b>Livongo</b></p> <ul style="list-style-type: none"> <li>• Free glucometer and testing supplies, as well as ongoing support with managing diabetes</li> <li>• Track your blood sugar levels, understand your numbers, and explore ways to improve your health</li> <li>• Free if enrolled in an Anthem medical plan and have been diagnosed with type 1 or type 2 diabetes</li> </ul>	<p><a href="https://join.livongo.com/HRBLOCK/now">join.livongo.com/HRBLOCK/now</a> (registration code: HRBLOCK), or call 800-945-4355</p>
<p><b>Want to quit smoking?</b></p> 	<p><b>Freedom From Smoking® Plus</b></p> <ul style="list-style-type: none"> <li>• Support from American Lung Association tobacco cessation counselors</li> <li>• Personalized dashboard to build your quit plan, track your progress, and get reminders to stay on track</li> <li>• Learn about your tobacco addiction and identify what motivates you to quit</li> </ul>	<p>Email <a href="mailto:PeopleCenter@hrblock.com">PeopleCenter@hrblock.com</a> or call 877-222-5547</p>
<p><b>Want extra support for all health care needs?</b></p> 	<p><b>360° Health®</b></p> <ul style="list-style-type: none"> <li>• <b>24/7 Nurseline</b> is your first line of defense for health questions – registered nurses can help you with your baby’s fever, give you allergy relief tips, advise you where to go for care, and more</li> <li>• <b>ConditionCare</b> provides support to manage and treat chronic conditions such as asthma, low-back pain, heart health, and more</li> <li>• <b>Future Moms</b> connects you with trusted health experts for prenatal and parenting resources for every step of your journey</li> <li>• Free if enrolled in an Anthem medical plan</li> </ul>	<p><a href="https://blockbenefits.com">blockbenefits.com</a> and select Benefit Options &gt; Well-being Resources &gt; 360° Health®</p>



## Make healthy choices, every day

Our well-being resources can help you maintain healthy habits and emotional resilience — whether you’re working to manage or prevent chronic health conditions or looking to care for your mental health.

Check out the many ways you can enhance your well-being on [blockbenefits.com](https://blockbenefits.com).