



Town of Bradley Wellness Program



Overview: The mission of the Town of Bradley Wellness Program is to promote and support the well-being of our employees and families by providing resources and services that:

- Increase awareness of factors contributing to well-being
- Increase awareness of available resources
- Provide opportunities for wellness-related programs and activities
- Promote personal and professional productivity
- Inspire individuals to take responsibility for their own health

Services and Resources:

Comprehensive healthcare coverage, paid vacation, sick and holiday time.

Provide health reimbursement for deductible and out-of-network health insurance claims.

Encourage appointments for health-related care by allowing a flexible work scheme in which management will provide work coverage.

A relaxed work atmosphere in which employees are encouraged to frequently step away from the work area. Employees are also encouraged to step outside and walk around the municipal parking lot, fire station parking lot, and driveways daily.

Wellness Works Quartey Newsletters-The newsletter features articles on various articles on health topics, nutritious recipes, and updates on Maine Municipal Employees Health Trust

Employee Assistance Program (EAP)

Ongoing Assessment: Continued monitoring of the wellness program is promoted. The Town Manager will review the program in January of each year. This review will include requests from employees and volunteers on how the program can improve and what the Town could do better.



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EMPLOYEES HEALTH TRUST

Did You Know?

Did you know your medical plan provides coverage for the following services:

- Acupuncture
- Breastfeeding support and counseling
- Breast pumps
- Cardiac Rehab Therapy Phase II
- Cardiac Rehab Therapy Phase III
- Health Education
- Hearing Aids
- Immunizations
- Nutritional Counseling
- Pain Clinic Programs
- Prescription contraceptive
- Preventative Colonoscopies
- Preventative labs and X-rays
- Preventative Sigmoidoscopies
- Routine gynecological exams and Pap tests
- Routine mammograms
- Routine preventative eye exams
- Routine/preventative hearing exams
- Routine Physical Exams for adults
- Smoking cessation education programs
- Smoking cessation prescription medications
- Well Child Care

**Coverages and member cost-shares vary according to the medical plan you are enrolled in, and some services may require a referral and/or prior authorization.*

Please call the Health Trust Member Services team at 1-800-852-8300 to get more information about these services.



How to reach us

Confidential help 24 hours a day,
7 days a week, 365 days a year –
at no extra cost



Employee Assistance Program (EAP)

800-647-9151



Website

anthemeap.com

Enter "MMEHT" to log in.



Change your mind. Change your Life.™

Your EAP includes access to
Emotional Well-being Resources,
administered by Learn to Live,
offering digital tools and online
programs to help develop resilience,
reduce stress, and practice
mindfulness – at no extra cost
to you.

Visit anthemeap.com and enter
"MMEHT," or scan the QR code on
the back of this brochure using the
camera on your mobile device.

Everything you share
is confidential.²

Help 24/7, 365 days a year

3 ways to get started:



Call 800-647-9151.



Visit anthemeap.com
and enter "MMEHT."



Scan the QR code using
the camera on your mobile device



Your privacy matters.

No one will know you've contacted EAP unless you give
permission in writing.² For help, call 800-647-9151, or
go to anthemeap.com and enter "MMEHT" to log in.

Anthem.

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1 Appointments subject to the availability of a therapist. Online counseling is not appropriate for all kinds of problems. If you are suicidal or having suicidal thoughts, it is important that you seek help immediately. Please, text, chat, or call 988 (Suicide and Crisis Lifeline), or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LifeHealthOnline does not offer emergency services.

2 In accordance with federal and state law and professional ethical standards.

This document is for general informational purposes. Check with your employer for specific information about benefits, restrictions, and restrictions.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

LifeHealth Online is the trade name of Health Management Corporation, a separate company, providing behavioral health services on behalf of Anthem Blue Cross and Blue Shield.

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Maine, Inc. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc. 118023MMEHTS Rev. 01/23



Your Employee Assistance Program

Here to support you

If you or your household members are facing
personal or work-related challenges, the Anthem
Blue Cross and Blue Shield Employee Assistance
Program (EAP) can help you. Call 800-647-9151,
or visit anthemeap.com and enter "MMEHT" to
log in.

Anthem.

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