

THINK POSITIVELY

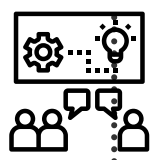
KEEP THINGS SIMPLE

SLEEP WELL

WORRY LESS

WELLNESS AT *Great Falls Construction*

GET INVOLVED. IMPROVE HEALTH.



Educational Workshops

Each month Lauren offers a workshop based around the theme of the month. Some workshops are purely educational, others are interactive. Have a topic you are curious about? Send it over to Lauren!



Monthly Challenges

Each month there is a healthy habit challenge that corresponds to the workshop. Taking education and applying it!



Community Support

There is a community on Microsoft Teams that supports, guides and inspires you to stay involved! All wellness communication is through this portal as well.

January 2023

MONTHLY WELLNESS EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				4	5	6
		7	8	9	10	11
		12	13	14	15	16
		17	18	19	20	21
		22	23	24	25	26
		27	28	29	30	31

WELLNESS CHALLENGE: GET YOUR REAR IN GEAR (Jan 23-24), AXE PIT WELLNESS OUTING (Jan 27-28)



CONTACT US

207-420-7087
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Microsoft Teams Page
TEAM CODE TO JOIN
SHH0GLB



Great Falls
CONSTRUCTION
WELLNESS RESOURCES



Aetna Living Resources Program

AVAILABLE AT NO COST TO EMPLOYEES, CHILDREN UP TO AGE 26, AND HOUSEHOLD MEMBER WHETHER OR NOT THEY'RE RELATED TO THE EMPLOYEE. ELIGIBLE MEMBERS HAVE ACCESS TO THE FOLLOWING SERVICES:

- THREE FACE-TO-FACE OR TELEVIDEO SESSIONS PER YEAR WITH A MASTER'S LEVEL COUNSELOR.
- ALL THE FEATURES OF THE AETNA RESOURCES FOR LIVING MOBILE APP.
- SECURE MEMBER WEBSITE WITH FREE RESOURCES INCLUDING VIDEOS WEBINARS, ARTICLES, ASSESSMENTS AND MORE.
- LEGAL AND FINANCIAL GUIDANCE FROM QUALIFIED PROFESSIONALS
- WORK LIFE RESOURCES
- MINDCHECK
- EMOTIONAL WELLBEING ASSESSMENT TOOL
- MYSTRENGTH
- ELEARNING AIMED AT SUPPORTING MENTAL HEALTH AND EMOTIONAL WELL-BEING



Aetna Peerfit

ACCESS TO GROUP FITNESS CLASSES WITHOUT ANY MEMBERSHIP COST OR LONG-TERM COMMITMENTS. YOU RECEIVE MONTHLY CREDITS YOU CAN REDEEM UP TO FOUR STANDARD CLASSES.

- GO TO [HTTPS://PEERFIT.COM/](https://peerfit.com/) AND SIGN UP



Aetna TELADOC

ACCESS TO QUALITY CARE AT YOUR FINGERTIPS. SET UP YOUR ACCOUNT AT WWW.TELADOC.COM/AETNA OR CALL 1-855-835-2363.

- EVERYDAY CARE
- MEDICAL HEALTH CARE
- DERMATOLOGY



MYFIT24 Membership

GYM MEMBERSHIP AVAILABLE AT NO COST TO YOUR OR YOUR FAMILY MEMBERS.