

Three ways to build your resilience



1 Protect your physical and mental health



Reduce stress to improve well-being

Whether you're feeling uncertain about the future, juggling kids at home, feeling isolated, or worrying about elderly parents and loved ones, it's important to give yourself a break and protect your health.

Get started

Call **1-800-591-9339** to connect with the Employee Assistance Program (EAP).

- Available to all employees.
- Access well-being webinars on a variety of topics.
- Virtual counseling options available anytime, anywhere.



Sleep better and refresh your outlook

Sleep can improve your well-being and help your body restore itself and fight off potential illness. Waking up refreshed can improve your mood, help you concentrate, and reduce your daily stress.

Get started

- Establish a bedtime routine.
- Avoid blue light from electronic devices.
- Keep your bedroom a cool, comfortable temperature.

If you're enrolled in a Cigna medical plan, connect with a sleep expert through Sleepio. You'll take a two-minute test about your sleep habits and receive a personalized sleep report. sleepio.com/baesystems



Give up tobacco and boost your health

We all know that tobacco has a harmful effect on the body. Social distancing and quarantine periods, while extremely stressful, could be opportunities for big changes.

Get started

- Successfully quit tobacco with the EX Program:
- Interactive digital tools
 - Expert advice from coaches
 - 24/7 support from an online community

The program costs you nothing and is available to all employees and their spouses/domestic partners, too. benefits.baesystems.com

2 Get the care you need, when you need it



Get care you need through telehealth

The free **24-Hour Health Information Line** for Cigna medical plan members offers live guidance on a medical treatment or answers to health questions. Plus, virtual care offers Cigna medical plan members:

- Appointments with board-certified doctors via a secure phone line or video conference
- Care whenever you need it
- An average cost of \$42 per virtual visit

Get started

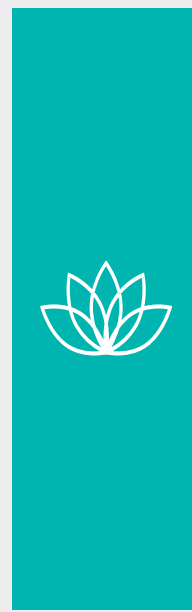
Find out more and register with our provider, MDLIVE, on benefits.baesystems.com.

Or call: MDLIVE **1-888-726-3171**

Behavioral health services, too

Schedule a virtual appointment with an EAP counselor to talk through what's going on in your life. You don't need to be enrolled in a Cigna medical plan. Call 1-800-591-9339 or visit myCigna.com and register using baesystems.com.

3 Explore benefits that can help you save



Earn your wellness incentives

Invest in your health and earn wellness incentives* while doing so. We've made midyear changes to our wellness incentives program due to COVID-19. Now through the end of the year:

- You have the option of just getting your glucose and cholesterol screenings, instead of an in-office physical exam.

- If you pass, you'll earn your wellness incentive for completing the activity. If you don't pass, you can work with a Cigna health coach to improve your health.
- If you visit a lab other than LabCorp or Quest, you'll still need to have your doctor fill out the Wellness Screening Form.

Get started

Complete your biometric screening and participate in wellness activities to earn wellness incentive dollars in your Health Savings Account or Health Reimbursement Account. Visit benefits.baesystems.com > Earn incentive dollars.

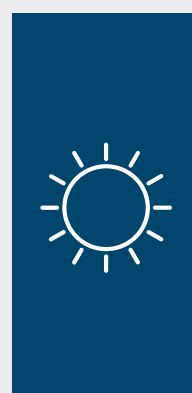
* Must be enrolled in a Cigna medical plan to use this benefit



Participate in a well-being activity

Build your resilience and mindfulness. Participate in a Cigna EAP Wellness Webcast or speak with a Cigna EAP representative at **1-800-591-9339** to learn how the EAP can help you with issues like managing stress, life changes, and family issues.

When you do either of these activities, report it to earn incentive dollars. Just log in to your myCigna account and click on **Wellness > Rewards and Programs > Incentive Awards > Start Earning**. Then share that you completed a Wellness Activity.



Find caregivers for your situation

Bright Horizons care options may be reopening near you. Based on what you need, Bright Horizons can offer you reliable, quality care options for children, adults who need care, and elderly loved ones.

- View in-center, backup care options.
- Post requests for in-home, full-time, part-time, or backup services for sitters, nannies, pet sitters, housecleaners, and much more on the website.

Get started

Register: clients.brighthouse.com/baesystems with the username **BAESystems** and password **Benefits4You**, or call **1-877-BH-CARES**.



Save on everyday purchases

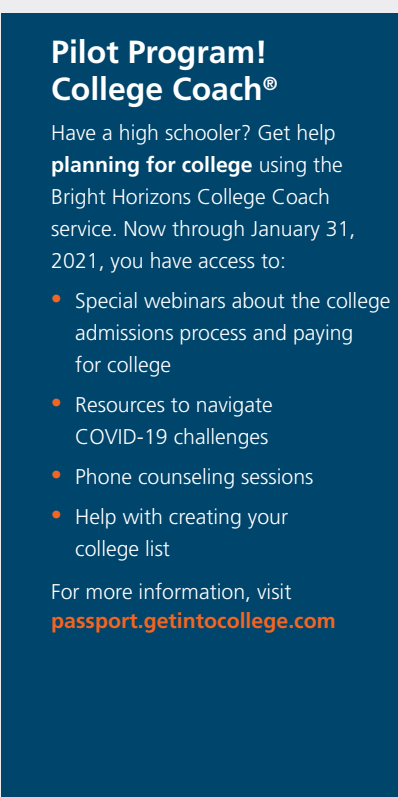
In addition to computers, phones, and electronics, you'll find deals on things that can help you improve your well-being at Beneplace.

- Athletic equipment and activewear

- Calm app for mindfulness
- Meal kits from Blue Apron, HelloFresh, Purple Carrot, and Gobble, plus other vendors in your area
- Furniture and fixtures to spruce up your home office

Get started

Save now at beneplace.com/baesystems, or call **1-800-683-2886**. Check back periodically for the latest deals.



Pilot Program! College Coach®

Have a high schooler? Get help **planning for college** using the Bright Horizons College Coach service. Now through January 31, 2021, you have access to:

- Special webinars about the college admissions process and paying for college
- Resources to navigate COVID-19 challenges
- Phone counseling sessions
- Help with creating your college list

For more information, visit passport.getintocollege.com



Learn more ways to build your resilience

Discover small steps you can take now to improve your well-being, plus additional moves you can take to continue your momentum. Visit benefits.baesystems.com from your computer or mobile device to find out more.