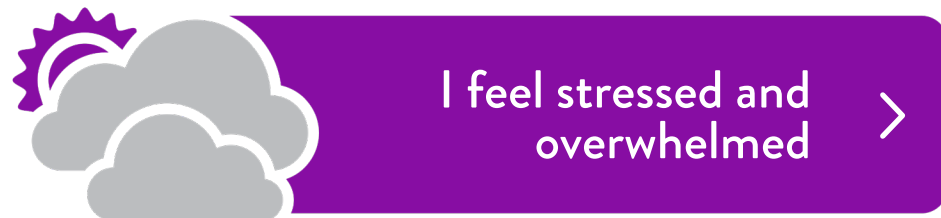
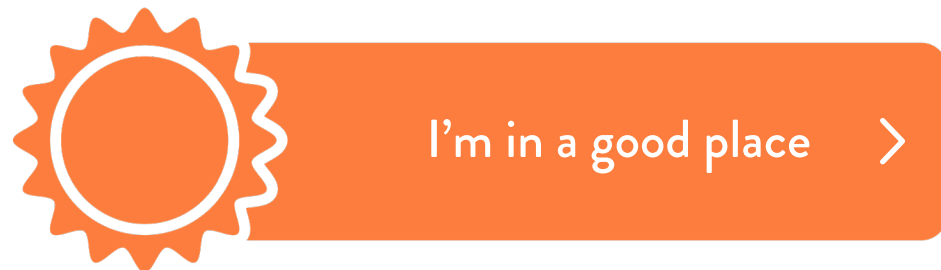


## HOW ARE YOU FEELING TODAY?



## Our Commitment

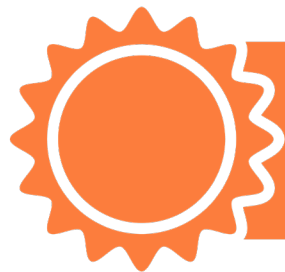
Disney is committed to destigmatizing mental health and breaking down barriers to access resources and care. There is no one-size-fits-all approach to better well-being. Disney offers a variety of easy-to-access and innovative programs that meet the unique needs of each employee and Cast Member. Here you'll find information on available care and services, including access to a counselor, meditation and mindfulness activities as well as tips for building resilience and getting more restful sleep.

**Start by selecting how you are feeling on the left to view a list of available Disney programs and resources.**

U.S.-based employees. Eligibility may vary based on job status, medical coverage, work location and the terms of any applicable collective bargaining agreement. In the event there is a discrepancy between this information and the governing documents, the governing documents will apply.

This document is illustrative and intended to help you find the programs and services for your individual needs. It is in no way intended to serve as a single mental health solution or diagnosis. Additional programs may be available and Disney reserves the right to modify or terminate programs at any time.

## HOW ARE YOU FEELING TODAY?



I'm in a good place >



I could use a hand >



I feel stressed and overwhelmed >



I want to talk to someone today >

## Life feels steady. I'm content and feeling positive.

### Follow-along virtual activities & videos



Watch instructor-led videos to help you stay healthy, including cooking and fitness.

Visit **Grokker** to learn more.



Participate in virtual activities and watch videos for how to stay on top of your health.

Take a ten-minute **Brain Break**.



Follow guided meditations, animations, articles and videos directed toward your current state of mind, including topics like meditating with kids and mindful eating.

Check out **Headspace** for more details.

### Learn tips to stay on top of your health



Connect with a coach on how to stay healthy with a good nutrition and physical activity routine.

**Contact Health Coaches now.**

Phone: 1-800-577-7498; Option 2 or say "Evernorth Wellness Team"

### Connect with your community



Join Business Employee Resource Groups (BERGs) at Disney, which bring together employees for insights, support, career development and community engagement.

Check out **Belong.Disney.com** to see all BERGs.




Make a meaningful impact in the communities where you work and live. Start giving back by participating in Disney VoluntEARS opportunities.

Visit **Disney VoluntEARS Online** to learn more!

## HOW ARE YOU FEELING TODAY?



I'm in a good place >



I could use a hand >




I feel stressed and overwhelmed >



I want to talk to someone today >

## Life feels unsettled. I would like help to move in a more positive direction.


### Speak to a professional for guidance

 Your EAP can help you and your family members with topics including:


- Stress reduction
- Communication with friends and family
- Child/Teen behavioral counseling
- Anger management
- And more

Contact the **Employee Assistance Program**.


### Follow-along virtual activities & videos

 Watch instructor-led videos to help you relax, including sleeping tips, yoga, and mindfulness.

Visit **Grokker** to learn more.


 Participate in virtual activities and watch videos for how to relax.

Take a ten-minute **Brain Break**.

 Follow guided meditations, animations, articles and videos directed toward your current state of mind, including topics like anger, sadness and growth.


Check out **Headspace** for more details.

### Take time for yourself

 Utilize your available time off through a variety of PTO options.

Visit **D Tools HR** to learn more.

### Learn tips on how to stay on top of your health

 Watch videos and read articles that teach about ways to relax and manage work/life.

Visit LifeCare now **Care.com** to learn more.

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## HOW ARE YOU FEELING TODAY?




Life is a struggle. I've had changes in my ability to maintain healthy sleep and eating habits and carry out my daily routine.

### Follow-along virtual activities & videos


 Watch videos to help with stress relief, including guided meditations to help lower stress levels and feelings of fear.

Visit [Grokker](#) to learn more.


 Follow guided meditations, animations, articles and videos directed toward your current state of mind, including topics like focusing at work.

Check out [Headspace](#) for more details.

### Business- or Location-specific offerings


 Talk to your leader or HRBP about other resources.

### Find personalized, confidential support

 Speak to a counselor and share what's impacting your daily life. EAP is available to help you and your family for support with topics including:

- Life and job satisfaction
- Relationship issues
- Anxiety
- Depression
- ADD/ADHD
- OCD
- And more

Contact the [Employee Assistance Program](#).

 Speak to a representative that can help you find work/life resources.

Visit LifeCare now [Care.com](#) to learn more.

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## HOW ARE YOU FEELING TODAY?




## I struggle getting through the day and I need help now.

### Speak to someone today

 Find help by working with a counselor to address what's impacting your daily life. EAP is available to help you and your family with life's challenges, including:


- Traumatic events
- Eating disorders
- Substance abuse
- Domestic violence counseling
- Grief and loss counseling
- Sexual abuse counseling

Find 24/7 help with the **Employee Assistance Program**. Call 1-800-577-7498.

 Depending on your location, you may have other counseling services available to you.

Check with your local HR for more options.

### My stress is affecting my physical well-being, and I need to talk to my doctor

 Speak to your primary care physician for guidance and referrals.

For a list of Disney medical plan/provider contacts (including virtual care), visit [Benefits.Disney.com](https://Benefits.Disney.com).

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## HOW ARE YOU FEELING TODAY?



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## Contact Information At-a-Glance

### Employee Assistance Program

Cigna

1-800-952-6676

Spanish language assistance is available

EAP providers are available to active employees & Cast Members aligned to ABC News Groups (Los Angeles, New York City & Washington DC), Burbank/Glendale, Disneyland Resort, ESPN (Austin, Bristol, Charlotte, & Los Angeles), New York City (77 W 66th St & Disney Theatrical/Marvel/Times Square Store), and Disney Traveling Theatrical.

**Schedule** a virtual or in-person appointment with On-Site EAP.

**Walt Disney World Call 407-753-7788**  
Monday through Friday, 8am-5pm.  
Outside of these hours, call 800-952-6676

Don't know how to get started? Contact the **Disney Benefits Center**

Benefits.Disney.com

- US: 1-800-354-3970
- Outside of US: 1-508-787-9902
- Haitian Creole: 1-866-686-6783 (press 1)
- Vietnamese: 1-866-686-6783 (press 2)

**Headspace**

Work.Headspace.com/Disney/join

**LifeCare now Care.com**

Lifecare.com/Disney

1-866-574-7229

**Grokker**

Grokker.com/Disney

support@grokker.com

**Health Coaches**

1-800-577-7498  
(press 2 or say "Evernorth Wellness Team")

**Disney Medical Plan/  
Provider Contacts**

Benefits.Disney.com

Find the directory of all health plans on the **Contacts page of Benefits.Disney.com**

**Global HR Operations**

D Tools HR

Questions about a leave of absence:  
1-321-939-7800

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