

Wellness Resources (U.S.)

UR provides a wide range of programs to address multiple areas of well-being.



Carelon Employee & Family Assistance Program

- All employees and their family members have access to a “self-service” portal to find providers, schedule telephonic and video appointments and control their own care.
 - » <https://carelonwellbeing.com/ur>
- Each member will have an assessment conducted via a series of questions. Depending on the answers to those questions, the member will then be able to use the portal to schedule appointments, email your counselor, reschedule or cancel appointments, etc.
- Members have 24/7, 365 days per year access to live clinicians via the dedicated United Rentals toll free number **(866-798-5673)**. Employees and their family members will also be able to contact legal/financial and work/life specialists.



Talkspace (through Carelon)

- Taking care of your mental health helps you show up as your best, most authentic self. You'll be connected with a licensed counselor so you can share what's on your mind, wherever you are, from the convenience of your phone or laptop.
- Talkspace's clinical network includes thousands of licensed and verified counselors who specialize in things like:

» Stress	» Depression
» Relationships	» Trauma & grief
» Eating disorders	» Sleep
» Anxiety	» Identity struggles
» Healthy living	» ADHD
» Substance abuse	» And more
- Visit <https://www.talkspace.com/carelonwellbeing>, enter your “organization name”: United Rentals.



eMLife

- eMLife is United Rentals' mindfulness benefit. Download the eMLife app, select “Create an eMLife account” and “Employee Account,” and enter company code “unitedrentals” to get started – it's free for you and all members of your family.
- Your care is provided by a staff of certified health professionals, counselors, psychologists, social workers, and medical doctors.



Behavioral Health Resources through BCBS

- If you and your eligible dependents are enrolled in a medical plan through BCBS, you have access to an expert that can assist you with health issues like anxiety, depression, eating disorders or substance use.
- Clinicians can help you find treatment programs, arrange confidential counseling and services for your individual and family needs.
- To contact a Behavioral Support Team 24/7, call **888-680-8646** or MDLIVE.com/bcbstx.



Mental Wellness App

- United Rentals makes it easy to find Mental Wellness resources using our one-of-a-kind app. Discover the Mental Wellness App right on the home screen of your company phone.
- Connect with the Employee & Family Assistance Program (EFAP).
- Access meditation with eMindful.
- Check out mental health resource trainings at your own convenience.
- Join the Mental Wellness United Employee Resource Group (ERG) in URLife.



Know your Numbers

- Learn your blood pressure, blood sugar, body mass index and cholesterol levels. All important markers of your overall health and wellness.
- If you complete a 10-minute online health questionnaire **and** a biometric screening before 12/31, you may earn a \$1,000 wellness incentive toward next year's medical premiums.
- Register at <https://My.Questforhealth.com> using Registration Key = UR.
- The biometric screening and questionnaire are free with Quest.



Solera Diabetes Prevention

- Program to help you get the tools and support to successfully lower your risk of Type 2 diabetes.
- Available at no additional cost to employee.
- To Get Started:
 - » Take a one minute quiz to see if you qualify – solera4me.com/UR, or scan the QR code
 - » Pick a program that works for you - You'll have access to well-known health and lifestyle solutions such as WeightWatchers®, Betr Health, and VP Transform for Prediabetes, as well as local community programs.
 - » Get the tools you need to make changes that last - Get an activity tracker, receive a wireless scale (with online programs), and learn about nutrition and exercise from a health coach.



Carelon Kick It! Smoking Cessation

- Kick It! is available through your **Employee and Family Assistance Program (EFAP)** benefit. This program is available for employees and dependents who are 18 years of age and older. Anyone can benefit from quitting — no matter what age, tobacco history, or the presence of a tobacco-related health issue.
- To get started call **866-798-5673** to enroll in the Kick It! program. You will be teamed with a coach to create a quit plan. Your coach will contact you to go over the plan and how to deal with urges and to remind you of other support.
- Once you successfully complete the 3 month program, you will be eligible to receive a pro-rated portion of the tobacco incentive for the remainder of the current plan year.



Hinge Health

- Hinge Health provides all the tools you need to get moving again from the comfort of your home. Here are some of the ways your treatment plan could be tailored to you:
 - » Get a personal care team, including a physical therapist and health coach
 - » Schedule as many personal physical therapy sessions as needed
 - » Receive wearable sensors that give live feedback on your form in the app
- If you don't have pain and are just looking to stay healthy, you can sign up for their free app. Recommended exercises will be tailored to you based on your job and lifestyle.
- To learn more call **855-902-277**, apply at <https://Hingehealth.com/for/unitedrentals1>, or scan the QR code.



Transform Diabetes through CVS

- This is an additional, no-cost program through CVS. For plan members with a diagnosis of diabetes or hypertension, this program provides outreach and services to close the gaps in care.
- CVS works confidentially with you to provide personalized health coaching, guidance and support along with access to a team of pharmacists, nurses and specialists.
- If you are managing diabetes, you will be automatically enrolled and eligible to participate in the program, at no cost.
- Employee and eligible dependents must be enrolled in a Anthem medical plan through United Rentals.

Do You Have a Primary Care Physician (PCP)?

Having a PCP is the most important link to early intervention and comprehensive, continuous care

