

*Inspire health. Serve with compassion. Be the difference.*

At Prisma Health, we're committed to providing you and your family with the tools and information you need to live your best, healthiest and most vibrant lives. See featured highlights from each of the four LiveWell @ Prisma Health dimensions below.

## Physical Wellness

***The ability to maintain good health and successfully get back on your feet when you are hurt or ill.***

Regardless of lifestyle, we can all make changes that improve our health, including preventive care. If you have a condition that needs monitoring and/or regular care, Prisma can help you with that as well.

Discover the programs designed to help you reach your physical well-being goals.



Scan the QR code or visit  
[BenefitsForMyWorld.com/Physical-Wellness](https://BenefitsForMyWorld.com/Physical-Wellness)

## Work/Life Harmony

***The ability to work toward personal goals and cultivate meaningful relationships both at work and at home.***

We offer work/life support to help balance the many demands on your time—even a small amount of assistance can make a big difference.

Review the programs available to help you balance your responsibilities.



Scan the QR code or visit  
[BenefitsForMyWorld.com/WorkLife-Harmony](https://BenefitsForMyWorld.com/WorkLife-Harmony)

## Financial Wellness

***The ability to meet current financial obligations, plan for the future and feel confident making decisions that allow you to enjoy your life.***

We offer you tools to help you take positive steps toward meeting your financial goals and achieving the security you desire. With the right tools, you can take action to reduce or prevent the stress of financial pressures.

Learn about the tools available to help you determine where you are now and develop a financial plan to get you where you want to go.



Scan the QR code or visit  
[BenefitsForMyWorld.com/Financial-Wellness](https://BenefitsForMyWorld.com/Financial-Wellness)

## Emotional Wellness

***The ability to successfully handle life's stresses and adapt to change and difficult times.***

Here at Prisma, we care about the impact that your work, relationships, finances, health, and current events can have on your emotional well-being. We offer a variety of programs to help you identify the root causes of stress. These programs include finding healthy ways to improve your mental and emotional well-being and practicing self-care so you can be your most vibrant self.

Explore the programs available to you when you need some extra support.



Scan the QR code or visit  
[BenefitsForMyWorld.com/Emotional-Wellness](https://BenefitsForMyWorld.com/Emotional-Wellness)

The wellness team is here to help you on your journey to LiveWell @ Prisma Health. For questions or feedback, reach out to [prismahealthwellness@prismahealth.org](mailto:prismahealthwellness@prismahealth.org).

## Program Contacts

Vendor/Program	Website/Email	Phone Number
Aetna	Aetna.com/prismahealth	833-860-0395
Aflac - Disability	Benefitsformyworld.com/leaves-disability	833-853-1998
AskHR	AskHR@PrismaHealth.org	833-775-7678
BenefitBump	MyBenefitBump.com (invitation code "Prisma")	888-286-7314
Bright Horizons	Clients.brighthouse.com/PrismaHealth (username: prisma & password: health)	877-242-2737
Catapult Virtual Check-Up Kit	Virtualcheckup.com/prismahealth   support@virtualcheckup.com	855-509-1211
COMET (Central Midlands Transit)	Catchthecometsc.gov	
CommunityWorks	Communityworkscarolina.org	
Curis Financial Credit Union	Curisfinancial.org	888-978-2101
Delta Dental	Deltadental.com	800-335-8266
Diabetes Management Program	Benefitsformyworld.com/diabetes-management-program	
Diabetes Self-Management Education and Support (DSMES)	Benefitsformyworld.com/diabetes-management-program	Midlands: 803-296-8906 Upstate: 864-455-4003
Diabetes Prevention Program (DPP)	DPP@PrismaHealth.org	803-296-3654
EdAssist	PrismaHealth.edassist.com	
Employer Health Services	TeamMemberWellness@PrismaHealth.org	803-296-5914
Empower Retirement	Empower.com/prismahealth	833-961-5287
FoodShare	Foodshare.org/locations	
Greenlink	Greenville.org/151/greenlink-transit	
Headspace	Work.headspace.com/prismahealth/member-enroll	
Hinge Health	Hingehealth.com/for/prismahealth	
LinkedIn Learning	gcl.io/LinkedIn	
MetLife - Legal and Home & Auto	Metlife.com/info/prismahealth	800-821-6400
Meru Health	Meruhealth.com	833-940-1385
Morrison Café	Weeatlivedowell.com   Café menus: Gcl.io/menus	
Prisma Health Business Resource Groups	Gcl.io/busresource   Diversity@PrismaHealth.org	
Prisma Health/inVio Network Care Management	Benefitsformyworld.com/diabetes-management-program	Midlands: 803-434-6644 Upstate: 864-522-2060
Prisma Health Perks	PrismaHealthPerks.com	
Prisma Health Wellness Portal	PrismaHealthWellness.org	877-813-5909
Purchasing Power	PrismaHealth.purchasingpower.com	888-923-6236
SC Tobacco Quitline	Quitnowsc.org	1-800-QUIT-NOW
Securian - Life and AD&D	Benefitsformyworld.com/life-and-add	833-365-0326
South Carolina Federal Credit Union	Scfederal.org	864-406-8300
Team Member Care Centers (TMCC)	Benefitsformyworld.com/same-day-care	864-455-2455
TELUS Health - Employee Assistance Program	PrismaHealth.LifeWorks.com	877-761-3614
VSP Vision Care	Vsp.com	800-877-7195
Wellness Team	PrismaHealthWellness@PrismaHealth.org	
WEX - Savings and Spending Accounts	Wexinc.com/login/benefits-login	866-451-3399
Your Money Line	Gcl.io/YourMoney   Answers@yourmoneyline.com	833-890-4077

## Questions? Contact AskHR

Email [AskHR@PrismaHealth.org](mailto:AskHR@PrismaHealth.org) or call 833-775-7678 (7 a.m. – 5 p.m. ET, Monday through Friday).