



Providing Support with Mental Health Resources

Brunswick is committed to supporting you and your family – wherever you are on your journey. We understand that mental health is just as important as physical health. That’s why we’ve invested in a variety of resources to help you along the way.

Our [Employee Assistance Program \(EAP\)](#) is a company-sponsored confidential assistance program to help address any personal issues you and your family may be facing at no cost (up to five visits per incident). This confidential and voluntary service provides short-term counseling and referral services. All Brunswick employees and dependents can use the EAP at any time.

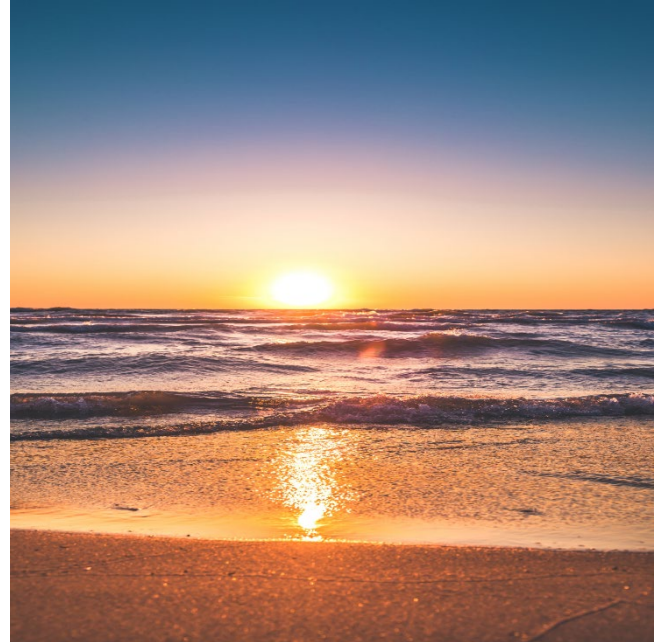
[Health Advocate](#) is a support service that can help you find doctors, make appointments, and answer questions regarding treatment at no cost to you. All benefits-eligible Brunswick employees and dependents have access to Health Advocate.

Our [Be Your Best program](#) provides activities that help promote mental health and mindfulness. Benefits-eligible employees in the U.S. have access to the Brunswick Be Your Best program.

If you are enrolled in the Brunswick medical plan, you have access to [Calm](#) through myuhc.com. Calm is an app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety and improve sleep quality. Calm offers something for everyone with guided meditations, programs taught by world-renowned experts, sleep stories narrated by celebrities, mindful movement videos and more.

[Brunswick medical plan](#) covers a portion of the cost (after your annual deductible is met) for mental health services. The UnitedHealthcare (UHC) network includes mental health providers. Benefits-eligible employees in the U.S. have access to UHC mental health providers in person or virtually, if they are enrolled in the Brunswick medical plan.

You can also find webinars and additional resources on the Benefits page of Brunswick Connect.



RESOURCES

Emergency? Call 911

National Domestic Violence Hotline:
800-799-7233

National Suicide Prevention Lifeline:
Phone: 800-273-8255
Text TALK to 741741

Employee Assistance Program
guidanceresources.com
800-311-4327

Health Advocate
members.healthadvocate.com
866-695-8622

Be Your Best
join.virginpulse.com/beyourbest
888-671-9395

Calm
myuhc.com

UnitedHealthcare
myuhc.com
888-364-5090