



Mental Health and Well-being Resources

Well-Being Program

Reach your whole-person health and wellness goals as you earn rewards.

Employee Assistance Program

Resources through Spring Health to help you and your dependents manage stress, increase focus and navigate life's challenges, including eight free therapy and coaching sessions per year.

Tuition Reimbursement Program

Eligible caregivers can receive reimbursement of tuition you initially paid to the academic institution for qualifying classes and course work – up to annual limits.

Retirement benefits

Find support in achieving your retirement goals through Fidelity.

Health plan benefits

We are proud to offer a full suite of health plan benefits.

Care Navigation and Priority Scheduling Line

To make accessing care at PeaceHealth and ZoomCare easier, we have a dedicated care navigation line and priority appointment scheduling line to assist you.

Paid time off

Flexible time away from work so you can make plans to relax, recover and recharge, and also when you have illness, emergency or personal business.

Expanded psychological and spiritual care

Resources are offered through Behavioral Health and Spiritual Care.

Childcare access assistance

Childcare access assistance available to caregivers in Oregon and Washington in partnership with Upwards.

Emergency funds

The Helping Hands Fund and Emergency Loan Program are available for those experiencing crisis or emergency.

For additional information, caregivers should visit Crossroads>My HR>My Benefits.

