

# Resources and Education to Navigate your Entire Well-being (RENEW)



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## We are Here to Support You!

### *The BAYADA Way states:*

*We believe our employees are our greatest asset...*

Our hope is to provide one comprehensive resource to the people who matter the most: our employees and their families. Our goal is to always support you and your whole wellness through whatever circumstances life may bring.

Questions or Resource Ideas?

Please reach out to [hrcarecenter@bayada.com](mailto:hrcarecenter@bayada.com) with a subject line of "RENEW Resource".

Note: this document is updated once a week. Refer to the "Last Updated" date to ensure you have the latest version.

## Spring into the New Season with Tools for Both Your Mind and Body!

Winter is coming to an end, let's make a promise to care for ourselves as much as we care for our clients!

- Make a promise to yourself to utilize our **Employee Assistance Program!**
- Sign up for **MyStrength** to build a healthier mind for a stronger you!

[www.resourcesforliving.com](http://www.resourcesforliving.com)

Username: BAYADA / Password: eap

Scroll to the bottom of the page and select "myStrength".

Enter the code BAYADA and start personalizing your EAP experience.

- Set *realistic and attainable* personal goals that you can spring into with confidence!  
[Click here for help!](#)
  - If you need a way to track your goals, there are great apps for that available on your smartphone. *Strides* (available on iOS) and *Way of Life* (available on iOS and Android) are free apps that can help you with daily goal monitoring!

## Employee Assistance Program

**Aetna Resources for Living** is an employer-sponsored program, available at no cost to you and all members of your household. That includes dependent children up to age 26, whether or not they live at home!

Services are confidential and available *24 hours a day, 7 days a week*.

1-888-238-6232 / [resourcesforliving.com](http://resourcesforliving.com)

Username: *BAYADA* Password: *eap*

- If you have not used the EAP or would like to know all the great resources available, click this link to view all the amazing benefits! [Member Orientation](#)
- Check out the monthly Newsletter [HERE!](#)
- **Talkspace** is an online therapy platform that makes it easy and convenient to connect with a licensed behavioral therapist — from just about anywhere, at any time. Send text messages to your therapist via web browser or the Talkspace mobile app. Your therapist will respond daily, five days per week. [Click here](#) to learn more!



## Assistance for YOU, BAYADA's Greatest Assets!

- Order your FREE COVID test today! [Click here to start your order!](#)



W-2's are available online through Automatic Data Processing, INC, for directions please [Click here!](#)



BAYADA Perks at Work offers great deals that are ever changing! Be sure to check out Perks at Work at least once a week!

- If you are new to Perks at Work, or just need a refresher [Click here](#) to learn all you need to know to help you save!
- BAYADA HR Care Center is here to help you with any questions you have! Visit our [NEW](#) HR Care Center Website [HERE!](#)
  - Email| [HRCareCenter@bayada.com](mailto:HRCareCenter@bayada.com) Call| 833-993-2958
- It's never too late or too early to start planning for your future! Start contributing to the 401(k) today! [Click here](#) to learn more!
- Protect yourself against the Flu and COVID this season! Reach out to your office manager to receive your flu and covid shot vouchers!
- If you are looking for information on BAYADA Benefits, be sure to head to our Benefits website! Our benefits team is always happy to help with any questions you have!
  - [Benefits Website](#) | Email [benefits@bayada.com](mailto:benefits@bayada.com) | Call 877-291-3000
- BAYADA is committed to creating a culture and environment of diversity, equity, and inclusion (DEI) where all employees can thrive and all clients can receive high-quality, personalized care with a sense of well-being, dignity, and trust. For resources and trainings on DEI please [Click here](#) to visit their website!
- Don't forget to spend your hard earned BAYADA Bucks! Browse the Online BAYADA Bucks Catalog [HERE!](#)

## Lead with your hearts

- Emergencies happen sometimes; it's important to stay informed about current events that may impact you and your loved ones. Our Employee Assistance Program has put together resources on specific events happening in America and around the world. [Click here](#) to view these resources
  - [Click here](#) to view a Ukraine Resource List and a list of charities.
- We feel better when we recognize and celebrate others! Send a coworker a high five to thank them for all their hard work. [Click here](#) to download the High Five template!

