

# New benefits enhancements to support your physical and emotional wellness

Your health and wellbeing, and that of your family, are our top priority. That's why we continue to expand our physical and emotional wellness benefits to ensure you have the support and resources you need.

## Teladoc®

**Expanded!** Teladoc consults are available at no cost through Dec. 31, 2020 to those in a bank Comprehensive PPO or Consumer Directed or Consumer Directed High Deductible medical plan with Aetna, Anthem or UnitedHealthcare.

If you're enrolled in a U.S. bank medical plan with Aetna, Anthem or UnitedHealthcare, you and covered family members have 24/7 access to board-certified doctors, including behavioral health specialists, by phone or online video for virtual care. (Kaiser Permanente members have access to a similar program — contact Kaiser for details.)

To use Teladoc, you'll need to register, if you haven't already.

**Expanded!** Teladoc consults with behavioral health providers are now available and at no cost to you through Dec. 31, 2020.

A board-certified psychiatrist, licensed psychologist or therapist is available for a wide variety of issues, such as anxiety, stress, depression, grief, family/marriage issues and eating disorders. And you can schedule ongoing treatment from the same (or a different) doctor if you choose.

Note: While Teladoc's general medical consultations will continue to be available on demand, 24/7, appointments for behavioral health consultations must be scheduled in advance online.

## Learn more about Teladoc

- Visit [teladoc.com/bankofamerica](https://teladoc.com/bankofamerica).
- Download the Teladoc app.
- Call **855 Teladoc (855 835 2362)**.
- Visit the Teladoc page on HR Connect.

## No-cost coronavirus testing

For U.S. team members enrolled in a bank medical plan with Aetna, Anthem, UnitedHealthcare or Kaiser, **coronavirus testing is covered at 100% — at zero cost to you — with no deductible or coinsurance.**

**This waiver also now includes any costs associated with office visits, urgent care center or emergency room visits, but not the treatment of a medical condition.** If you feel sick, contact your health care provider to determine next steps.

### **Support for growing families**

The Family Support Program offered through Maven ([www.mavenclinic.com](http://www.mavenclinic.com)) offers expert pregnancy, adoption, fertility, infancy, egg freezing, surrogacy and postpartum support, all from the comfort of home and at no cost for new or future moms and dads enrolled in a bank medical plan with Aetna, Anthem or UnitedHealthcare. (Kaiser Permanente members have access to similar resources through Kaiser.) New! The pregnancy and adoption/surrogacy programs have been extended to a full year after you welcome your baby – that’s six additional months of great support, all the way to your baby’s first birthday.

### **Other benefits and resources available to you**

Bank of America offers a vast number of other benefits and resources to support you and your family members. Regularly review the [Answering your Q's](#) section of Employee Resources at Home [Flu and coronavirus factsheet](#) to learn about the latest updates.

Visit HR Connect for more information about available benefits and to review important legal disclaimer.

### **Another way to focus on your emotional wellness**

Whether you want to boost your mood, build your resiliency or find activities to support you during life’s challenges, **myStrength** can help. myStrength, a free online and mobile mindfulness app\*, offers personalized activities to support your emotional wellness. Register by visiting [myStrength.com](http://myStrength.com). Once registered, you’ll be able to download the app (recommended). Also visit [prioritizing your emotional wellness](#).