

Prioritizing your emotional wellness

It's more important than ever that we take time to prioritize our emotional wellness and mental wellbeing. Bank of America offers comprehensive tools and resources to get started.

Benefits, resources and programs to support your emotional wellness and mental health

Employee Assistance Program: Our Employee Assistance Program (EAP) provides counseling that can help manage the stress and broader emotional and mental impacts of events and uncertainty. They are always available — day or night, seven days a week — at **866.327.2725**, and counseling is confidential.

Life Event Services: For the moments when you and your family need support the most, our internal, highly specialized [Life Event Services](#) (LES) group provides personalized connections to resources and benefits by tapping experts inside and outside the company. LES will work directly with you to discuss individual circumstances and needs. LES will direct and coordinate all actions that need to be taken.

Teladoc® consults with mental health providers: Talk to a board-certified psychiatrist, licensed psychologist or therapist. They are available for a wide variety of issues, such as anxiety, stress, depression, grief, family/marriage issues, eating disorders and more. You can schedule ongoing treatment from the same (or a different) doctor if you choose.

Teladoc consults are available at no cost to those enrolled in a PPO or Consumer Directed bank medical plan with Aetna, Anthem and UnitedHealthcare at no cost. (Teammates enrolled in a Consumer Directed High Deductible bank medical plan will pay the co-pay until the deductible is met; then services will be at no cost).

Note: While Teladoc's general medical consultations are available on demand, 24/7, appointments for mental health consultations must be scheduled in advance online. To learn more, visit [our physical and emotional wellness benefits](#).

Mindfulness app and daily practice sessions: 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](#). Enter "KITE" as your access code to get started today.

In addition, we're offering ongoing daily mindfulness practice sessions to help you manage stress and build resilience. These sessions are intended to support you in developing and maintaining a regular mindfulness practice and enhancing your resilience, focus and wellbeing. Visit [Flagscape > Health and emotional wellness](#) for more information.

Employee Relief Fund: We offer financial assistance to support you and your family if you are impacted by an unexpected emergency or disaster. For those who have experienced an impact, the Bank of America Employee Relief Fund at **855.823.6588** is available to provide grants to eligible US-based employees for emergency hardships, such as a spouse/partner losing their income, or support for other basic needs.