

# What matters to you matters to us



Benefits and programs for you and those you love

**BANK OF AMERICA** 



# Physical wellness



## Virtual care consultations

Have you ever been up late at night with a sick child? Then you know needing medical advice doesn't just happen when it's convenient. With Teladoc Health, you can meet with a board-certified doctor or mental health specialist by phone or video anytime, anywhere. They can diagnose, treat, and prescribe medication for common ailments. Virtual care consultations are available at no cost to teammates and their covered dependents.<sup>1,2</sup> **855.835.2362**

## Wellness programs

Take charge of your physical health by completing wellness activities and participating in our annual Global Get Active! Challenge. Wellhub (formerly known as Gympass) gives employees flexible access to gyms, studios, classes, trainers and wellness apps — all in one benefit. And with free access to health coaches and condition management programs included in your medical plan, you can get help with migraines, high blood pressure or smoking cessation to support you on your wellness journey.

## Cancer support

The path forward when facing a cancer diagnosis can be very difficult to navigate. The bank offers a range of resources to support you, including MSK Direct — a custom cancer support program offered through the Memorial Sloan Kettering Cancer Center — available to all U.S. teammates, family members and friends. The program can provide expedited appointments with specialists, care coordination and more.

**833.248.7558**

Learn more about your benefits and resources at **HR Connect**.

## Well Rewards

Well Rewards pairs a smart app with live, personalized support to help you meet your wellness goals and get the most from your medical benefits. Let Well work for you, whether you need help finding a physician, managing stress or setting a nutrition goal. Well delivers information designed to help you stay on top of your health, and is free and completely confidential.<sup>1</sup>

## Family support

Thinking about starting or expanding your family? 24/7 help is here with the family support program. Get expert pre-conception, pregnancy, adoption, fertility, egg freezing, surrogacy, infancy, postpartum and pediatric support at no cost.<sup>1,2</sup>

## Menopause support

Menopause can be an overwhelming time with too few resources to help navigate the transition. On this physical and emotional journey, you have 24/7 virtual access to dedicated Care Advocates and providers who specialize in menopause care and support.<sup>1,2</sup> See the other benefits and resources available to you.

<sup>1</sup> Available to full- and part-time U.S. employees enrolled in a national medical plan with Aetna, Anthem or United Healthcare.

<sup>2</sup> Benefit and program availability may vary for Consumer Directed High Deductible Plan participants.



# Emotional wellness



## Confidential counseling

Sometimes, life gets tough. Don't go it alone. Mental health professionals are here to support you and family members in your household. We offer 12 face-to-face confidential counseling sessions (in person or by video) per issue and unlimited telephone consultations at no cost. Onsite specialists are also available in 34 work locations across the U.S. **866.327.2725**

## Life Event Services (LES)

For the moments when you and your family need support the most, our internal, highly specialized LES team is an industry leader, providing personalized support and connecting you to the right resources for crisis events, domestic violence, transgender and gender identity, and more.

## Sabbatical

Take time away to reinvest in your life priorities, pursue your interests and support your emotional wellbeing. The bank recognizes teammates achieving career milestones — every five years, beginning at 15 years of service — through our Sabbatical Program. Volunteer, travel or just take time for yourself to recharge and refocus.

## 24/7 no-cost virtual behavioral health support

At Bank of America, we believe your emotional wellness matters. Whether you or a family member needs one-on-one counseling or immediate support for day-to-day stressors, you have options. Schedule virtual consultations with Teladoc Health on a wide variety of issues — such as stress, depression, family or marriage issues, and eating disorders — whether for a one-time consultation or ongoing treatment. This includes counseling for youth, ages 13 and older, and unlimited virtual access to psychiatrists for medication management for adults ages 18 years and older.<sup>1,2</sup> **855.835.2362**

Learn more about your benefits and resources at **HR Connect**.

<sup>1</sup> Available to full- and part-time U.S. employees enrolled in a national medical plan with Aetna, Anthem or United Healthcare.

<sup>2</sup> Benefit and program availability may vary for Consumer Directed High Deductible Plan participants.



# Financial wellness



## Financial Wellness Tracker

If you're feeling unsure about your finances but don't know where to start, take a 10-minute assessment to help you determine the actions you can take to improve your financial health. You'll receive an action plan with personalized steps to help you get — and stay — on track to pursue your financial goals.

## 401(k) Plan

It's never too early or too late to contribute to the Bank of America 401(k) Plan, and with the added contributions from the bank you can accelerate your goals. Enjoy up to 5% company matching contributions and 2% to 3% annual company contributions based on years of service. **800.637.4015**

## Employee Financial Services (EFS)

Keep moving through your financial wellness journey with EFS. Dedicated to connecting you with Bank of America's tools, resources and expert advice, EFS is here to help you live your best financial life. Specialists can introduce you to exclusive teammate offers and conduct a no-fee financial review. **800.695.6262**

## Benefits Education & Planning Center (BEPC)

Do you need help with your financial goals, like managing debt, creating a budget or setting up an investment strategy? Contact a BEPC planner or take advantage of online tools and webinars by visiting the EY Navigate site. **866.777.8187**

Learn more about your benefits and resources at **HR Connect**.

## Money-saving programs that meet your needs

Did you know you can access great deals and savings on everything from movie tickets to computers? Bank of America Discount Program can help you save on things like travel, electronics, clothing and more. You can also take advantage of these money-saving benefits and programs offered to employees:

- Tuition assistance and college admission support
- Family planning reimbursement
- Back-up and adult care services
- Pet insurance
- Legal services
- Health care accounts

**Check out personal travel discounts for your next vacation on HR Connect.**

This communication provides information about certain Bank of America benefits. Receipt of this document does not automatically entitle you to benefits offered by Bank of America. Every effort has been made to ensure the accuracy of this communication. However, if there are discrepancies between this communication and the official plan documents and policies, the plan documents and policies will always govern. Bank of America retains the discretion to interpret the terms or language used in any of its communications according to the provisions contained in the plan documents and policies. Bank of America also reserves the right to amend or terminate any benefit plan or policy in its sole discretion at any time for any reason.

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