

# Invest in your Total Wellness... Start Today!

Taking care of **YOUR**  
Total Wellness means  
**OUR** team is successful  
- CMC's benefits and  
resources can help!

## HEALTH

- Getting 6-8 hours of sleep each night
- Eating a balanced diet
- Limiting alcohol & excluding tobacco products
- Getting your annual physical

## WEALTH

- Having money set aside for an unexpected emergency
- Budgeting & saving for retirement
- Creating your will or trust
- Updating your beneficiaries for your retirement plans, life and AD&D insurance, and ESPP

## WELLBEING

- Taking time for yourself mentally, physically, spiritually & emotionally
- De-stress & relax, unplug & recharge
- Utilize our Lifestyle Benefit and EAP to help!

### DID YOU KNOW?

A poor diet impacts nearly **46%** of all adults and can lead to high blood pressure, heart disease, type 2 diabetes, stroke, and more.

Healthy habits (regular exercise, a healthy diet, limiting alcohol & excluding tobacco) can lower the risk of cardiovascular disease by up to **73%**.

**56%** of adults believe that estate planning is important, but only **33%** have established estate plans.

Nearly **78%** of adults live paycheck to paycheck. Making a budget can help! Schedule time with a **Schwab Financial Advisor** to create a plan.

Studies show that watching the news and/or checking email first thing in the morning can produce **anxiety & stress**.

Your morning routine sets the tone for the day...start your day with "**calm**" and be sure to allow time to connect with family, pray, meditate or exercise.



# Benefits Resources

**BCBS**  
Group #: 009123  
bcbstx.com  
877.262.7977

**MDLIVE**  
mdlive.com/bcbstx  
888.680.8646

**Teladoc Health** (formerly Livongo)  
Registration Code: MYCMC  
teladohealth.com/register/mycmc  
800.835.2362

**Delta Dental**  
Group #: 5838  
deltadentalins.com  
800.521.2651

**Vision Service Plan**  
Group #: 12247388  
vsp.com  
800.877.7195

**ScriptSourcing**  
script sourcing.com/med-finder  
410.902.8811

**HealthEquity**  
Lifestyle & FSA Benefits  
healthequity.com  
877.924.3967

**Voya**  
Critical Illness, Group Accident & Hospital Indemnity  
Group #: 70288-9  
presents.voya.com/EBRC/cmc  
877.236.7564

**Lincoln Financial**  
Life, AD&D & Disability  
Group #: 09-466376  
mylincolnportal.com  
844.829.5510

**SupportLinc**  
Employee Assistance Program  
Group code: cmc  
supportlinc.com  
888.881.5462

**Starr Assist**  
Travel Assistance  
assistance@wtp.ca  
800.667.7222 (US)  
416.977.8687 (outside US)

**Milliman**  
401(k) Plan  
millimanbenefits.com  
866.767.1212

**Aevo**  
Medicare Enrollment  
833.830.2386

Need help?

Contact Employee Services at  
employeeservices@cmc.com  
or 877.262.8050.

