

Global Wellness Assist

HELP AT YOUR FINGERTIPS. WHENEVER YOU NEED IT.

You've moved to a new place. At first, it might be exciting, but then you might start feeling homesick, anxious, or sad in your new home. These feelings can make it hard to take care of yourself.

Global Wellness Assist is here to help you. We offer emotional, practical and physical support services to make your transition more comfortable. You can get free and confidential support by phone, email, or web, anytime and from anywhere.

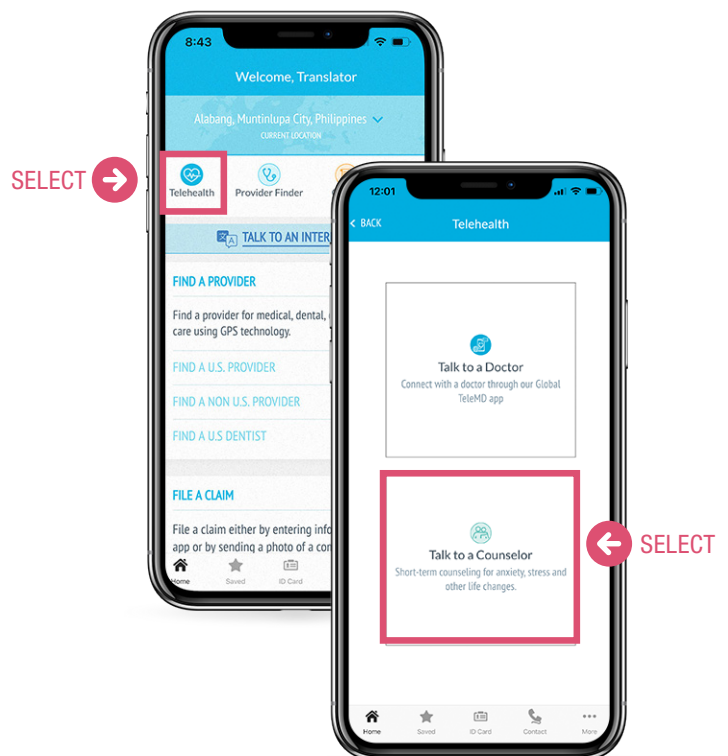
What Is Global Wellness Assist?

Global Wellness Assist is an international employee assistance program (EAP) for students, faculty and staff traveling globally on behalf of an institution. It provides access to six free confidential counseling sessions. Professionals are ready to assist with any issue, at any time, any day.

You can access Global Wellness Assist on the GeoBlue mobile app or in the "Wellness" section on the Member Hub. The online wellness portal gives you access to articles, webinars, tools and assessments on many wellness topics.

Confidential Service You Can Trust

Global Wellness Assist has trained professionals from all over the world. They work independently from your university or college. These professionals follow strict rules about confidentiality, so they won't share any information with your school.





Emotional Support

- ✓ 24/7/365 clinical intake, message and referral service
- ✓ Challenges with academic and personal life
- ✓ Managing anxiety, depression, stress and overall life changes
- ✓ Surviving the loss of a loved one



Practical Support

- ✓ Financial assistance from financial professionals
- ✓ Legal assistance and consultation with attorneys
- ✓ Managing academic or workplace pressure



Physical Support

- ✓ Wellness coaching and support, including weight loss, fitness, nutrition, stress management and overall lifestyle improvement
- ✓ Health risk assessment to obtain and assess individual and aggregate health data
- ✓ Support in finding assistance with substance use

Up to 6 sessions of counseling per issue, per year

To get in touch with a counselor:

1. GeoBlue mobile app:
 - a. Select **“Telehealth”**
 - b. Select **“Talk to a Counselor”**
2. Wellness portal
 - a. Found in the Member Hub on **www.geobluestudents.com**
 - b. Select **“Wellness”** in the Tools & Services dropdown
 - c. Click the link for the portal and select **“Schedule an appointment”** or **“Live Connect”**
3. By phone:
 - a. U.S. Toll-Free: 877.249.4765
 - b. Outside the U.S.: +44-2089876228

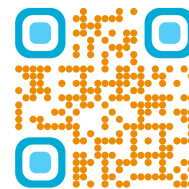
Allow GeoBlue to access your location while you use the app to enable the appropriate toll-free number to appear if one is assigned to your location.



Easy access on your terms

Free, confidential support is available by phone, email or web, from anywhere at any time.

Scan this QR code to download the GeoBlue mobile app.



GeoBlue is the trade name of Worldwide Insurance Services, LLC (Worldwide Services Insurance Agency, LLC in California and New York), an independent licensee of the Blue Cross and Blue Shield Association. GeoBlue is the administrator of coverage provided under insurance policies issued in the District of Columbia by 4 Ever Life International Limited, Bermuda, an independent licensee of the Blue Cross Blue Shield Association. This coverage is offered to the members of the Global Citizens Association, Washington, D.C.

Services are provided by WorkPlace Options, an independent company that is not affiliated with GeoBlue and does not provide Blue Cross or Blue Shield products or services. WorkPlace Options is solely responsible for referring participants for counseling, coaching and work-life services and health assessments by providers who are appropriately licensed by local authorities. The evaluation and efficacy of any service delivered by a provider lies solely with the participant, spouse, dependent or other authorized party who inquires on behalf of those or other participants. GeoBlue shall have no responsibility or liability whatsoever for any aspect