

## TalkSpace



Connect with a licensed therapist from the palm of your hand and experience the most convenient way to improve your mental health. Talkspace offered through Optum gives you access to professional, personal and confidential online therapy. Now you can get the extra support you need in a way that works for you. To access Talkspace contact Optum at 1-800-468-8369 to obtain a code prior to registering with Talkspace.

## One Medical



One Medical is a concierge medical practice that provides care in 10 cities -- including Washington, DC, Los Angeles, and the San Francisco Bay Area -- by phone, virtually or in person. Carnegie employees have access to a One Medical membership that provides 24/7 access to reliable medical care. One Medical's virtual care can help you skip unnecessary trips to the doctor's office, ER, or urgent care, so you can protect your health and that of those around you. To begin using One Medical visit <https://mycarnegie.carnegiescience.edu/one-medical> for instructions.



Effective January 1, 2022, Wex will be Carnegie's Healthcare FSA, Dependent Care FSA and Health Savings Account vendor. Benefit Strategies will continue to process claims for expenses incurred in 2021 as long as reimbursement requests are submitted before March 31, 2022. You can access the Benefit Strategies portal to submit requests.

## BurnAlong



BurnAlong is a health and wellness platform that partners with on-site and local gyms, studios, instructors, and wellness professionals, to bring fitness classes and wellness programs to help individuals to achieve their health and wellness goals. BurnAlong is available now for all Carnegie employees at no cost. To learn more about BurnAlong visit <https://www.burnalong.com/how-burnalong-works/>

## GreenSpring Financial Services



GreenSpring Advisors can help you create a financial roadmap to chart the best route to achieve your financial goals using (k)larity @ Work™. (k)larity @ Work™ combines on-demand access to a CERTIFIED FINANCIAL PLANNER™ along with digital tools for retirement planning budgeting and debt management as well as articles and videos on various financial topics. To access (k)larity visit [www.greenspringadvice.com](http://www.greenspringadvice.com) and register with your Carnegie email address to take the first step towards achieving retirement (k)larity®.