
Mental Health & Well-Being Resources

DLA Piper strives to provide a comprehensive benefits package to support the diverse health and well-being needs for you and your family. We recognize the demands of work and personal life, and we aspire to provide you with useful benefits and tools to help manage and attain a healthy and productive life. The following benefits programs focus on your overall health and well-being. Please visit the [Benefits Page](#) on Fusion and our Benefits Guide for more information on all our offerings.

For quick access to our mental health and well-being resources, please be sure to visit our Well-Being and Working Parents hubs.



Well-Being and Working Parent Hubs

- Quick and streamlined access to benefits for you and your family to help you thrive
- Convenient access to vendor contact information and how to learn more about each benefit
- Easily accessed from the right-hand side bar of the Fusion home page or through these links:

[Well-Being Hub](#)

[Working Parents Hub](#)



Guide+Thrive (employee assistance program)

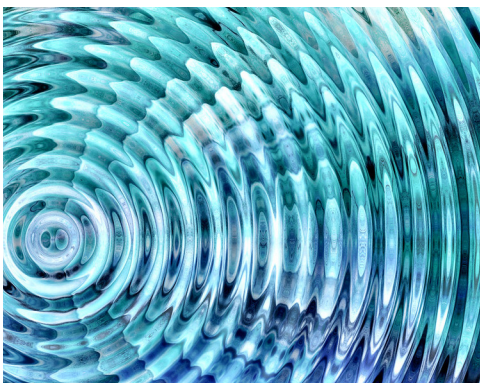
NO COST

- Dedicated 24/7 Guide Care Concierge
- Engage in up to six free confidential counseling sessions per year
- Unlimited access to Well-Being Coach
- Work/Life support, webinars, materials -finding child & elder care, financial & legal advice
- Massage therapy reimbursement
- On-site counselors in several major DLA offices across the US with more to come

LEARN MORE:

portal.bhsonline.com USERNAME: **dlapiper**

[Guide+Thrive on Fusion](#)



Headspace mindfulness app

NO COST

- Download the free app to learn the essentials of practicing daily meditation and mindfulness in order to reduce stress and boost compassion at work and home
- Age appropriate meditations for children
- Mindful movement videos

LEARN MORE:

Visit the [Headspace page on Fusion](#)

Sign up: Register with your DLA Piper email via the [Headspace sign-in page](#)



Mental Health & Well-Being Resources



Teladoc

NO COST, BUT YOU MUST BE ENROLLED IN A FIRM-SPONSORED MEDICAL PLAN TO ACCESS THIS BENEFIT

- 24/7 access to schedule appointments and speak with fully accredited psychiatrists and non-MD behavioral therapists via your — phone, online video or mobile device
- Counseling therapy and support for your enrolled adolescents (ages 13-17) on topics including depression, anxiety, eating disorders and more (does not include prescribing medication or providing medication management)
- PPO Members: No charge
- HSPO Members: \$55 copay for general medical visits until deductible has been met, then no charge.

LEARN MORE:

[Teladoc Behavioral Health](#)

Register or log in: [Teladoc on Fusion](#)



Lulafit virtual fitness and well-being app

NO COST

- Live and on-demand experiences
- Fitness, mindfulness, food, lifestyle, perks
- Fitness classes, meditations, cooking, videos on nutrition, flower arranging
- Events – Trivia nights, bingo

LEARN MORE:

[Click here](#) to download the mobile app or search for “lulafit” in the App Store. Use building/membership code: DLAPiper@LulaFit (case sensitive).

[Lulafit on Fusion](#)

lulafit



RethinkCare benefits

NO COST

- Parental Success training collections and consultations to help families manage modern challenges at home and at school for all children
- Professional Resilience training collections for personal growth, teamwork, emotional intelligence, and leadership skills for the future of work
- Personal Wellbeing training collections to help improve your mental, emotional, and physical wellbeing, including managing stress, anxiety and sleep issues

LEARN MORE:

Visit the [RethinkCare page](#) on Fusion

Sign up [here](#) and use enrollment code **DLA**

