

# the **buzz**

April 2020

## MANAGING COVID-19 - RELATED STRESS



The spread of COVID-19 Coronavirus in the U.S. has many people feeling anxious and distressed. City employees and household family members have access to the BJC Employee Assistance Program. Employees and dependents enrolled in the City's medical plan will also have access to Anthem's myStrength.

### Option 1) BJC Employee Assistance Program (EAP)

The City of St. Louis cares about your life as well as your work. That's why City employees and their household family members have FREE access to an employee assistance program. BJC EAP is here to help you gain the balance you need to overcome and succeed. BJC's experienced consultants can provide counseling in a variety of areas:

- Addiction
- Alcohol and substance abuse
- Family/parenting issues
- Financial issues
- Loss and grief
- Marital issues
- Maturity and aging
- Mental health
- Personal performance and goal setting
- Relationship issues
- Stress management
- Work issues

For more information:  
Visit website at [bjceap.com](http://bjceap.com)

Call 24/7  
314-747-7490 • Toll free 888-505-6444

Virtual care visits are also available; register at  
[www.bjceap.com/virtualcare](http://www.bjceap.com/virtualcare).

### Option 2) myStrength

myStrength is your FREE resource for emotional well-being and peace of mind available to employees covered under the City's medical plan through Anthem Blue Cross and Blue Shield. Life gets busy, and sometimes it's hard to keep up. That's why as a part of your health care benefits you have access to myStrength, a free online and mobile program that supports emotional health and well-being. myStrength program's personal and private resources are proven tools for your mind, body and spirit that are available to help you and your eligible dependents manage:



- Addiction
- Anxiety
- Chronic pain
- Depression
- Problems with sleep
- Stress

### You can also try out:

- A daily mood tracker and wellness assessment;
- Articles and quotes;
- Positive Inspiration;
- Step by step eLearning program;
- Personalized Workouts;
- Videos and articles from leading clinicians;
- Sound tips on relationships and health topics.

The myStrength tool can be found on the Engage app or click [HERE](#) for the online version.

Links to the BJC EAP Program and to myStrength can be found in the Engage App under Benefits. If you have not downloaded Engage, follow the directions below:

1. On your Apple device, open App Store. On your Android device, open Play Store.
2. Enter Engage into the search bar and select Download.
3. Once downloaded, the Engage logo will appear on your device.
4. Click on Register and follow directions.



Provided by:  
Department of Personnel and BJC HealthCare  
for the BeeFit Wellness Program

For more information:  
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