# Member Website Scavenger Hunt

Learn more about how the services, tools and resources available to help you and your household members with daily tasks and more complex situations. Visit your member website to answer these questions.

1. How can members access therapy?

In-person

By telehealth

Virtually: by phone, text message, live chat, video

All of the above

1. What are self-care programs?

Games to play while on your breaks.

Self-paced, clinically proven programs you can use at any time, day or night. There are programs for insomnia, anxiety, depression, substance misuse, chronic pain and obsessive compulsive disorder.

An educational course to learn more about your organization’s policies.

Tip and tricks for a healthy lifestyle.

1. Check all programs tiles that are available in the Explore section on the member website homepage.

Resiliency

Amazon Prime

Coaching

Counseling

1. What types of issues can a coach help you with?

Parenting

Weight loss

Handling work stress

All of the above

1. Which program tile includes a list of hotlines, websites and support groups?

Resiliency

Counseling

Community Resources

Website FAQs

1. What topics can you meet with a counselor about?

Anxiety

Grief

Relationship concerns

Addictions and substance misuse

All of the above

1. **Check all products/services that you can save money on by using the LifeMart Discount Center.**

Cars

Vacations

Groceries

Child care

1. **Who is eligible for your program’s services?**

You

You, your spouse and children

You and your household members (spouse, domestic partner, dependent children, those residing in the home of an employee/member)

You and your pets

1. **How can you search for providers on your member website?**

Using the Yellow Pages

By Zip Code

By Distance

By Zip Code and Distance

1. **Check all apps that are available through your program?**

Restore

FearFighter

Candy Crush

BetterHelp

LifeMart

Guy’s Grocery Games

MoodCalmer

ComfortAble

1. **In the Learning Center, what types of content is available?**

Articles

Newsletters

Webinars

All of the above

1. **What are the live chat hours?**

7:00 AM to 5:30 PM CT

8:00 AM to 6:00 PM CT

24 hours per day

8:30 AM to 5:00 PM CT