# 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

[x]  All of the above

1. What are self-care programs?

[ ]  Games to play while on your breaks.

[x]  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.

[x]  Resiliency

[ ]  Amazon Prime

[x]  Coaching

[x]  Counseling

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

[ ]  Parenting

[ ]  Weight loss

[ ]  Handling work stress

[x]  All of the above

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

[ ]  Resiliency

[ ]  Counseling

[x]  Community Resources

[ ]  Website FAQs

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

[ ]  Anxiety

[ ]  Grief

[ ]  Relationship concerns

[ ]  Addictions and substance misuse

[x]  All of the above

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

[x]  Cars

[x]  Vacations

[x]  Groceries

[x]  Child care

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

[ ]  You

[ ]  You, your spouse and children

[x]  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

[x]  By Zip Code and Distance

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

[x]  Restore

[x]  FearFighter

[ ]  Candy Crush

[x]  BetterHelp

[x]  LifeMart

[ ]  Guy’s Grocery Games

[x]  MoodCalmer

[x]  ComfortAble

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

[ ]  Articles

[ ]  Newsletters

[ ]  Webinars

[x]  All of the above

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

[x]  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