

# NAVIGATE YOUR FUTURE WITH NXP® BENEFITS.



Throughout the year, we focus on well-being, sharing information, tips and best practices to help you achieve the best physical and mental well-being possible. Below are some program and resources available to you!

## WELLNESS PROGRAMS

### EMPLOYEE ASSISTANCE PROGRAM (EAP)

Speak with a specialist who will listen to your needs and connect you to the appropriate resources. Get support any issues including: work and career support, family and relationships, legal and financial services, grief, child and elder care and much more.

- Eligible to you and members of your household
- Receive up to **five face-to-face counseling sessions** (per concern, per person, per year)—at no cost to you.
- Dependents who live away from home are also eligible.

Access your EAP benefits at [Optum Live and Work Well](#) (access code: **NXP**). For support anytime, call **(866) 248-4094**.

### EAP WEBINARS

Throughout the year, we'll focus on well-being, sharing information, tips and best practices to help you achieve the best physical and mental well-being possible. Visit the [emotional wellbeing page](#) located under wellness for a list of webinars.

### TALKSPACE

Connecting people to quality care with an effective alternative to face-to-face therapy. With talk space you have access to:

- 4,000+ licensed therapists across all 50 states
- Send text, audio and video messages and receive responses daily, 5 days per week
- Schedule real-time video sessions as needed

Find Talkspace through the Optum Live and Work Well provider search or be referred by a customer service advocate. Once referred from liveandworkwell, members will visit Talkspace and register using their benefits information.

## TOOLS

### RALLY®

A digital health experience that helps make simple changes in your daily routine, set goals for yourself, and track your results on line. Get personalized recommendations to help you move more, eat better and improve your health. Get started at [health.werally.com/client/NXP/register](http://health.werally.com/client/NXP/register)

### REAL APPEAL\*

Participate in up to 52 weeks of free customized support that includes group sessions with a live virtual coach and digital coaching, tips and tools for healthier living, online tracking tools and a success kit with a blender, food scale, portion plate, session guide, nutrition guide and workout DVD. Get started at [nxp.realappeal.com](http://nxp.realappeal.com)

\*Available to active employees with UnitedHealthcare insurance plan, their covered spouses/ domestic partners and dependents 18 or over with a BMI of 25 or greater.

### MATERNITY SUPPORT PROGRAM

The Maternity Support Program provides information and support throughout your pregnancy and after giving birth. Sign up to receive a gift box containing items for you and your baby. Within the app you can track milestones, set reminders and find resources. UnitedHealthcare medical plan members can call **(877) 201-5328**.

### SANVELLO

On-demand self-help for stress, anxiety and depression – no diagnosis required. The self-help app is based on Cognitive Behavior Therapy and mindful meditation.

- Learn relaxation techniques and coping tools
- Track your mood and health
- Learn new skills on dealing with anxiety

Visit [Optum Live and Work Well](#) (access code: NXP). Select Benefits & Claims > Employee Assistance Program (EAP).

For more information regarding NXP programs, visit [NXP.com/Benefits](http://NXP.com/Benefits).

