



Our FREE Wellbeing Programs

AvalonBay offers a wide variety of confidential, company-paid programs to all associates and their family members to help manage and maintain health and wellbeing. For questions on these programs, email benefits@avalonbay.com.



Whether you're feeling stressed, anxious, or depressed, support from Lyra's top providers can get you back on your feet and connect you with the information you need. You can access personalized recommendations, then meet with a coach or therapist via live video, live messaging, or via an in-person visit. Associates, dependents, spouses, and household members receive 8 free coaching or therapy sessions each year, with the ability to continue services at in-network rates, if needed.

avalonbay.lyrahealth.com or call 877-224-7661.



Maven is a digital platform for associates and their partners who are seeking care related to pregnancy, adoption, family planning, as well as **menopause and midlife care starting 1/1/2025**. Associates who sign up with Maven have access to a network of over 1,000 women's and family health providers all available by video, text or over the phone. Associates/partners enrolled in AVB medical coverage have access to \$5,000 in employer reimbursement through **Maven Wallet**. These funds can be used for costs related to adoption, surrogacy, egg freezing, and IVF/IUI.

mavenclinic.com/join/AvalonBay



RethinkCare provides families raising children with learning, social or behavior challenges, or developmental disabilities with valuable support and research-based resources. Families have access to live tele-consultation with board certified behavior experts to answer questions and provide guidance, hundreds of easy-to-follow videos, printable materials, and training to best support their children in reaching their top potential.

connect.rethinkcare.com/sponsor/avalonbay or call 800-714-9285.



Wellthy provides support services to associates caring for aging, chronically ill, or disabled loved ones. When you sign up with Wellthy, you are assigned a dedicated Care Coordinator who creates a plan and completes tasks for you, all through a modern online experience. Care Coordinators help by scheduling appointments, refilling prescriptions, handling prior authorizations, sourcing and vetting the right in-home aide, handling a move into a care facility, coordinating with insurance companies, and much more. Starting 1/1/2025, Wellthy will provide support in finding **backup childcare** for when the unexpected occurs.

join.wellthy.com/avalonbay/



Health Advocate is a free medical advocacy service that can help you navigate healthcare and insurance-related concerns. Your personal health advocate can assist in many ways including: finding a doctor anywhere in the country, untangling claims and billing issues, and even making appointments.

healthadvocate.com/avalonbay or call 866-695-8622