

# OUR FREE WELLNESS PROGRAMS

AvalonBay offers confidential, company-paid programs to all associates and their family members to help manage and maintain health and wellbeing. These free programs are available to full-time, part-time, temporary associates regardless of whether they are enrolled in an AVB medical plan.

For questions on these programs, email [benefits@avalonbay.com](mailto: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](https://avalonbay.lyrahealth.com) or call 877-224-7661

Lyra's Quit Advocates provide encouragement, support, and personalized quit plans so you can **quit using nicotine faster and stay smoke-free**. This program provides support to help you quit smoking, vaping and using other forms of nicotine. You'll start with a phone call to your Quit Advocate so they can understand your motivations and come up with a plan to identify your triggers and develop ways to overcome your cravings.

**Call 877-505-7147 to get started**



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**. 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 \$10,000 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](https://mavenclinic.com/join/AvalonBay)



Kids don't come with a handbook, fortunately you have RethinkCare. 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](https://connect.rethinkcare.com/sponsor/avalonbay) or call 800-714-9285



Wellthy provides support to associates caring for aging, chronically ill, or disabled loved ones. When you sign up with Wellthy, you are assigned a **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. Wellthy also provides support in finding **backup childcare** for when the unexpected occurs.

[join.wellthy.com/avalonbay](https://join.wellthy.com/avalonbay)