

You are facing enormous stress as you fight on the front lines of the COVID-19 battle.

# SyncTALK AH can help



Adventist Health is introducing a new benefit to associates, physicians and partner organization employees at no cost. SyncTALK, by Synchronous Health, connects individuals to certified, masters-level counselors who can help build skills in coping with stress, anxiety and uncertainties which are increasingly common in today's unprecedented environment. Between sessions Karla, the platform's virtual coach, offers interactive support, advice and reminders to keep patients on track with goals set with their counselor.

## Your own personal counselor

SyncTALK AH counselors are empathetic and supportive, providing the motivation and accountability you need to reach your goals. Sessions are held virtually, making scheduling convenient—no need to arrange child care, burn gas or sit in a waiting room.

If you feel that you would benefit from working with a counselor, we urge you to take advantage of this service. You and your counselor can work on:

- Increasing healthy connections with family and friends during times of social distancing
- Setting boundaries on unhealthy relationships and behaviors
- Increasing healthy coping skills
- Adapting healthy lifestyle behaviors to current limitations
- Making meaning from these experiences through contribution and connection

## No cost to you

Supporting the well-being of our team mission-critical. SyncTALK AH is available to you whether or not you are enrolled in our employee health plan, at no cost, including all:

- Adventist Health employees and their immediate family members
- Adventist Health physicians, both employed physicians and medical staff providers
- Partner organization employees (e.g., JLL, Sodexo, Allied Barton, Huron)

## Getting started

To learn more and sign up for SyncTALK AH, go to [ah.synctalk.us](https://ah.synctalk.us) – the entire sign up process takes only 5 minutes. Participation is 100% voluntary and confidential. No individual or personal data will ever be shared with Adventist Health.

**Unable to access to a computer?** Call (916) 249-9356 to sign up over the phone.