



# BenefitsBRIEFING

## Feel Your Best *All Summer Long*

If you've been feeling stuck—physically, mentally, or both—now is the perfect time to break free, embrace the beautiful summer weather, prioritize your health, and start feeling your best.

Smith College offers a range of resources to help you and your loved ones find clarity, peace, and renewed energy.

## Your Mind Matters

May was Mental Health Awareness Month, and we want to make sure you know about the tools and strategies available to help reduce stress, manage anxiety and depression, and support your overall well-being.

## TIMELY REMINDERS & EVENTS

### 1 BCBS Countdown to 65 & Mountain One Retiree Webinar Recordings

Turning 65 soon? Start planning for Medicare and life after Smith coverage. Watch these quick webinars to explore your options and make informed choices.

[Countdown to 65 Webinar Recording](#)  
[Mountain One Webinar Recording](#)

### 2 Summer Lawn Series at Garrison Hall

Take a break, enjoy summer refreshments, and connect with HR and colleagues on the lawn at Garrison Hall!

- Tuesday, July 9th at 2:00 p.m.
- Monday, August 12th at 2:00 p.m.



## Move Your Way to Better Mental Health with Learn to Live

A quick walk or workout can lift your mood, improve sleep, and build stress resilience—thanks to brain chemicals like endorphins. Align movement with what matters to you, and it becomes easier to stick with. Learn to Live offers digital tools and coaching to support your mental wellbeing. Visit [learntolive.com/partners](https://learntolive.com/partners) (access code: **SMITHL2L**).

**FREE Mental Health Webinars!** Boost your mental and emotional health by joining webinars led by Learn to Live's clinical team all throughout June.



### *Squirrels and Shiny Objects: Addressing Problems with Focus and ADHD*

Struggling with focus, organization, or distractions? Explore how Cognitive Behavioral Therapy (CBT) can help improve attention and boost productivity—whether you have ADHD or not.

[Watch the webinar recording here.](#)

### *Addressing Anxiety in Uncertain Times*

Learn how stress and anxiety affect our mind and body, and discover practical strategies to manage uncertainty and build resilience.

[Watch the webinar recording here.](#)

### *Raising Future-Ready Kids: Resilience and Grit*

Kids today face tough challenges, and building resilience and grit is key to helping them thrive. Join to learn proven strategies to support your child now and into the future.

[Watch live on Tuesday, June 17th:  
12-12:30 p.m. EST](#)

### *Staying Refreshed and Preventing Burnout*

Feeling burnt out or like you're just not thriving? You're not alone—join Learn to Live to explore how living by your values can boost fulfillment and help you overcome what's holding you back.

[Watch live on Friday, June 20th:  
1-1:30 p.m. EST / 12-12:30 p.m. CST](#)

### *Everyone is Having Fun in the Sun – Why Don't I?*

Struggling with low mood in the summer while others seem to be enjoying the sun? Join this 15-minute webinar to learn about “Reverse” Seasonal Affective Disorder (SAD) and discover research-based strategies to boost your mood.

[Watch live on Thursday, June 26th:  
1-1:15 p.m. EST](#)

## REGISTER TODAY!

Click the link for the webinar and use the access code **SMITHL2L**. After registering, you'll receive a confirmation email from Zoom.

**Register and receive a link to the recording if you cannot attend live webinar.**



## Easy Access to Mental Health Care with BCBS

Taking the first step toward getting support is often the hardest—but it's also the most important. Whether you're looking for help managing stress, anxiety, or other mental health concerns, Blue Cross Blue Shield (BCBS) makes it easier than ever to connect with the right care.

If you're enrolled in a Smith medical plan, you have access to a wide range of mental health services through BCBS, including:

- ◆ A searchable list of in-network therapists and psychiatrists currently accepting new patients
- ◆ Virtual and in-person options for both adults and children
- ◆ Personalized support from Team Blue to help you find a provider that fits your needs
- ◆ A direct phone line to speak with someone who can assess your needs and match you with a provider: 1-888-389-7764 (Monday–Friday, 8:30 a.m.–4:30 p.m. EST)

Click the button to explore your options and get started with care that supports your emotional, psychological, and social well-being.



GET STARTED

## FREE, CONFIDENTIAL SUPPORT

Smith's Employee Assistance Program (EAP), provided through ComPsych, is a free, confidential resource available 24/7 for you and your household members.

### Support includes:

- **Emotional support** for stress, anxiety, grief, and relationships
- **Work-life help** with child care, elder care, and daily needs
- **Legal guidance** on family law, wills, estate planning, and more
- **Financial resources** for budgeting, taxes, debt, and retirement planning
- **Online tools** including articles, podcasts, and on-demand trainings

Visit [guidancecanresources.com](https://guidancecanresources.com) (Web ID: SmithEAP), call 855-784-2056, or download the GuidanceNow app.

## Celebrating Diversity at Smith College



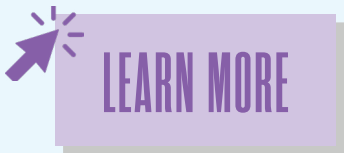

At Smith, we value the unique identities and lived experiences each faculty and staff member brings to our community. Diversity is one of our greatest strengths, and we're committed to building an inclusive environment where everyone can thrive.

This Pride Month, we're spotlighting the resources available to support our LGBTQIA+ employees and their families—including access to **FOLX Health**, a leading care provider dedicated to the LGBTQIA+ community.

Read on for information on your **reproductive health** benefits and **gender-affirming care**.



## Reproductive Health, Menopause Support &amp; Gender-Affirming Care

Resources with BCBS	Support from FOLX Health
<p>Smith College medical plans through BCBS include comprehensive coverage for reproductive health and gender-affirming care. This includes medically necessary procedures, fertility preservation, and infertility services.</p> <p>BCBS also offers a dedicated support team to guide members through their gender-affirming care journey and help connect them with the right providers.</p> <p>Click the button below or call Member Services at 1-888-243-4420 to learn more.</p> 	<p>Smith employees enrolled in a college medical plan now have access to <b>FOLX Health</b>, a virtual-first platform offering joyful, expert-led health and wellness care tailored to LGBTQIA+ needs. With FOLX, members can connect with LGBTQIA+ specialized providers for:</p> <ul style="list-style-type: none"> <li>• Primary care, mental health, and gender-affirming care</li> <li>• Sexual and reproductive health, including fertility consults</li> <li>• Care navigation and referrals to in-network and in-person LGBTQIA+ affirming providers</li> <li>• Support groups, community forums, and educational resources</li> </ul> <p>FOLX also offers 7-day-a-week chat access to a dedicated Care Team and provides guidance on everything from hormone therapy and surgery letters to inclusive gyms and voice therapy.</p> 
	

## Virtual OB-GYN &amp; Menopause Care with Visana

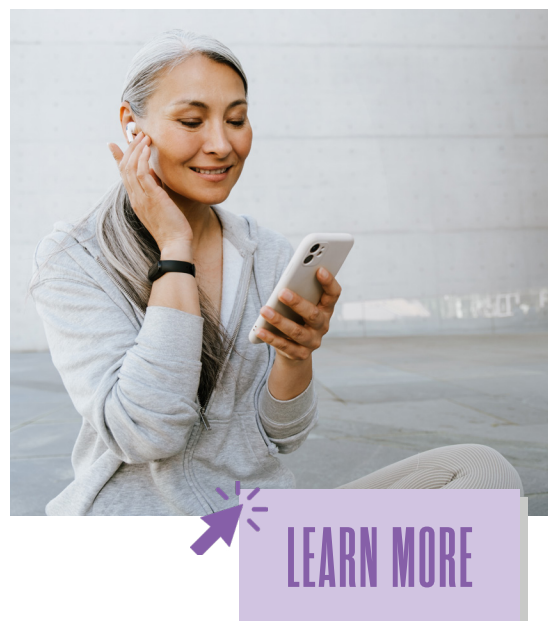
If you are enrolled in a Smith College medical plan through BCBSMA, you have access to Visana Health—a virtual gynecological health clinic that provides expert, whole-person care across every life stage.

Whether you're navigating menopause, hormone concerns, or gynecological issues, Visana offers personalized care and support from the comfort of your home.

Services include:

- Telehealth visits for menopause, perimenopause, and reproductive health
- Support for hormone and metabolic health
- Preventive care and treatment for complex health concerns

With high satisfaction and clinical success rates, Visana is a powerful new resource for women's health at Smith.



## The Right Screenings at the Right Time Can Save Your Life

Recommended health screenings can vary based on several factors, such as biological sex, physical characteristics, lifestyle, and personal or family medical history. The chart below offers general guidelines for common preventive screenings, but your individual needs may differ. Be sure to check with your doctor to determine which are best for you.

AGE	SCREENING	RECOMMENDED FREQUENCY
18-39	Annual Well Preventive Visit/ Physical – Including Mental Health Screenings	Beginning at age 18, annually, but may vary based on health risks
	Cervical Cancer Screening	Beginning at age 18, every 3-5 years, depending on health risks (for people with a cervix)
	Testicular Cancer Self-Exam*	Monthly, starting at puberty
	Breast Self-Exam	Monthly, beginning at age 18
	Skin Cancer Screening	Annually, but may vary based on your risk level
40+	Annual Well Preventive Visit/ Physical – Including Mental Health Screenings	Annually, but may vary based on health risks
	Skin Cancer Screening	Annually, but may vary based on your risk level
	Testicular Cancer Self-Exam*	Monthly
	Breast Self-Exam	Monthly
	Cervical Cancer Screening	Every 3-5 years, depending on health risks (for people with a cervix)
	Breast Cancer Screening/ Mammogram	Beginning at age 40, every 1-2 years
	Colorectal Cancer Screening	Beginning at age 45, every 1-10 years; depending on type of screening (until age 75)
	Lung Cancer Screening	Annually, for people with a current 20-year history of smoking, or a former smoker who has quit in the last 15 years
	Prostate Cancer Screening*	Beginning at age 50, every 2-3 years

\* Watch for symptoms of erectile dysfunction and/or urinary symptoms, as they may indicate a larger health issue.

