



## COVID-19: How Your Free Benefit Can Help

Your free, **CONFIDENTIAL 24/7 Scholar Assistance Program** benefit includes several services to assist you and your eligible family members prepare and stay safe during the Coronavirus outbreak.

- Immediate connection to a Mental Health Professional for emotional challenges, including stress, anxiety, and adjusting to attending school remotely. Sessions can be conducted over the phone, or via video chat.
- Financial and legal consultations, one half-hour per issue.
- Virtual Concierge service to conduct research, such as childcare and eldercare resources, safety information, local resources, and any other requested topic.
- Nationally-certified wellness coaches who can help create an individualized wellness plans to stay healthy and maintain wellness goals.
- Health Advocacy for assistance with co-pays, participating providers, coverage inquires, and billing and claims issues.

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**Available to you and your eligible family members!**

**1.800.327.2255 | Log-on at [www.nexgeneap.com](http://www.nexgeneap.com) | Mobile app: BalanceBenefits**