

Best Doctors

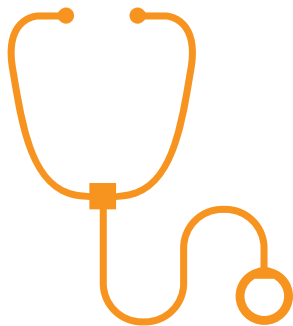
Best Doctors is a free and confidential service to all firm lawyers, professional staff and their spouse/ domestic partner and children to help them make the right medical decisions. Best Doctors provides expert medical advice and assistance with second opinions, medical diagnosis, treatment plans and guidance for critical care situations.

Please contact Best Doctors at **+1 866 904 0910** for more information or visit members.bestdoctors.com.

Health Advocate

Health Advocate provides all firm lawyers, professional staff and their families with a Personal Health Advocate supported by a team of medical doctors and administrative experts. Health Advocate can assist with finding the best doctors and hospitals, obtaining services for elderly parents, addressing insurance claims and/or billing issues, and more, at no cost.

For more information, please contact Health Advocate **+1 866 695 8622** or visit www.healthadvocate.com



Additional Family Resources

For information on additional resources available to firm lawyers, professional staff and their household members, contact the Goodwin Benefits Department at **benefitsdepartment@goodwinlaw.com** or call **+1 617 570 1800** Monday through Friday from 9:00 am until 8:00 pm ET.

National Suicide Prevention Lifeline

+1 800 273 8255
suicidepreventionlifeline.org

Substance Abuse and Mental Health Services Administration (SAMSA)

+1 800 662 HELP (4357)
samhsa.gov/find-help/national-helpline

Alcohol Use Disorders Identification Test

auditscreen.org/using-audit

Depression Screening Questionnaire

helpyourselfhelpothers.org

Lawyers Depression Project

lawyersdepressionproject.org

BHS Employee Assistance Plan

+1 888 784 5665

Best Doctors

+1 866 904 0910
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Bright Horizons

+1 877 242 2737
clients.brighthorizons.com/goodwinlaw

Health Advocate

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Goodwin Benefits Department

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You@Goodwin

New Benefits and Wellness Offerings for U.S. Offices



GOODWIN

Goodwin is the strength of its people coming together. Through the You@Goodwin well-being platform, we are here to make sure that you, your family and household members have the resources you need to support you along your journey.

Well-being is about taking a holistic view of your life and maximizing wellness in all sectors, from work life to home life, and from financial well-being to community engagement. It's about being one's best self, and prioritizing activities that support that outcome. With that in mind, the firm's You@Goodwin benefit programs offer resources that focus on several aspects of well-being, including overall health and financial well-being.

You@Goodwin programs are in place for all firm lawyers and professional staff. Many of these programs benefit and are available to family and household members as well.

Bright Horizons Family Solutions™

The Bright Horizons Back-Up Care™ program offers high-quality back-up child and adult/elder care, plus access to additional family supports including regular caregivers, pet care, tuition discounts and more.

Pre-registration is required for back-up child and adult/elder care by visiting clients.brighthorizons.com/goodwinlaw. First time users please contact the Goodwin Benefits Department for login instructions. For more information, please call Bright Horizons at **+1 877 242 2737**. The Bright Horizons contact center is available 24 hours a day, 365 days a year, allowing you to go to work knowing your child or relative is in good hands. Services include:

Back-Up Child and Elder Care: High-quality emergency back-up care provides 20 days per calendar year of family care when regular arrangements fall through. Get immediate access to care at subsidized rates. There is a \$15 per child per day/\$25 per family per day copay for center-based care and all in-home care is \$6 per hour for up to three dependents.

Nannies, Elder Care, Pet Care and More: Benefits include free access to a comprehensive database of self-pay services. Find experienced nannies and sitters for evening and weekend care, elder care resources and planning support, pet sitters and homework help. Free background checks and targeted search functions ensure you find the ideal caregiver for your family.

Preferred Enrollment: Goodwin lawyers and employees can jump the wait list with Preferred Enrollment at any Bright Horizons center. They may also access exclusive tuition discounts at participating network centers.

Tutoring and Test Prep: Access exclusive discounts on high-quality tutoring and test prep services for your school-age children in grades K-12.

In addition to emergency back-up care, Goodwin works with Bright Horizons to provide the following programs:

Bright Horizons Special Needs™: This program helps you understand, advocate for and support your child from birth to young adulthood. This program includes personalized guidance and resources such as webinars, an intelligent online platform that personalizes guidance for state-specific needs, and expert personalized help for your family's situation.

Bright Horizons Elder Care™: This program addresses short-term care needs, while also providing the planning tools for continued care coordination and management. The program includes an online platform centralizing all aspects of care coordination, family consultations and unlimited messaging with an experienced Care Coach, onsite elder care assessments and customized care plans, elder-related consultations with lawyers and financial counselors, and referrals to local service providers.



Guide Employee Assistance Plan

As part of Goodwin's You@Goodwin well-being platform, we are pleased to introduce Guide, a free and confidential concierge-level Employee Assistance Plan (EAP) offered through BHS, our new EAP partner. The Guide Employee Assistance Plan provides all firm lawyers, professional staff and their household members access to Goodwin dedicated master's level Guide Care Concierges Monday through Friday from 8:00 am – 8:00 pm ET. Guide Care Concierges are available through a toll-free phone line at **+1 888 784 5665**, a downloadable app, an electronic intake form and/or through a web-based appointment scheduling tool.

Outside of these hours, and on a 24/7 basis, there are masters' level behavioral health clinicians available to provide high touch intake, in-the-moment support and initiate care planning.

Your Guide Care Concierge will ask questions to better understand what is happening in your life so they can create a personalized care plan. Your Guide does more than simply connect you with the right resources. He/she will keep you focused, motivated, and empowered to address your challenges, as well as ensure that the goal of your service is achieved.

Services include:

- Up to eight free and confidential counseling sessions (per issue per year)
- Well-being coaching on topics such as career, life and wellness
- Unlimited work-life services such as child and elder care referrals, support for personal legal and financial matters, convenience care for daily life needs and more.

If you require referrals for longer-term counseling, community-based resources or a treatment provider/facility, a Guide Care Concierge will work with you to locate providers covered by your health insurance plan.

For More Information about the Guide Employee Assistance Plan:

- Dial **4YOU** (4968) from any Goodwin office to be connected directly to Guide
- Call Guide directly at 888-784-5665
- Visit the Guide portal at <http://portal.bhsonline.com/> (username Goodwin)
- Download the BHS app from the Apple App Store or Google Play Store

