

# Rate your **mental state**

1

2

3

4

5



Need an emotional **well-being boost?**

Take a few minutes to assess your mental health and connect with the right Intuit resources.

Visit **[intuitbenefits.com](https://intuitbenefits.com)** to learn more.

# How's your **emotional health**?

We all know how essential an annual checkup is to maintaining your physical health. But it's just as important to check in on your mental health from time to time.

**1**

**2**

**3**

**4**

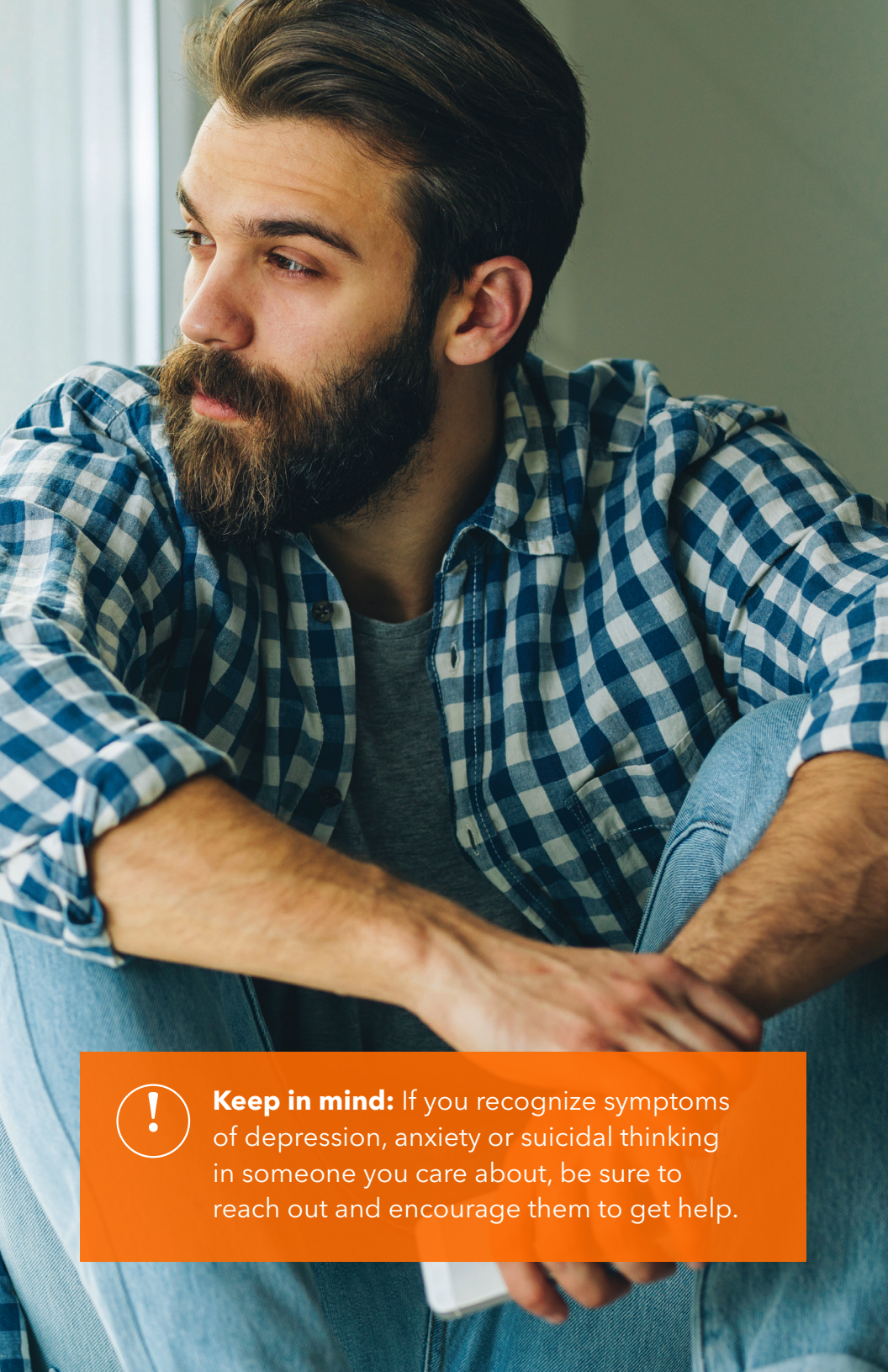
**5**

A "check-in" can be as easy as taking a few minutes every month to ask yourself:

- » What's my overall stress level?
- » How satisfied am I with my life?
- » How equipped do I feel to take on life's challenges?
- » Am I feeling a general sense of agitation, impatience or disconnection?

While answering these questions, try using the criteria inside to rate your emotional health on a scale of 1 to 5.

**Based on your number, you may want to take steps to give your mental well-being a boost. And that's where Intuit benefits come in.**



**Keep in mind:** If you recognize symptoms of depression, anxiety or suicidal thinking in someone you care about, be sure to reach out and encourage them to get help.



# Rate your **mental state**

1

Couldn't be better

2

Sufficiently content

3

Moderately stressed

4

Depressed or anxious

5

In crisis

1

Couldn't be better

Sometimes your life is all smooth sailing. But even when you're walking on sunshine, there's a basic amount of maintenance work you want to do. Getting enough sleep, maintaining a healthy diet, socializing with friends and family, and staying physically active are all keys to long-term mental health.

**Intuit benefits to help:**

- The **Well-being Hub**, powered by Virgin Pulse, connects you to well-being resources based on your interests and health assessment.
- The **Activity Program**, also found in Virgin Pulse, rewards you for engaging in healthy behaviors.
- The **Well-being for Life Program** reimburses you up to \$1,000 per fiscal year for eligible well-being expenses, including sleep programs, massages, and meditation and mindfulness classes.

2

Sufficiently content

You may go through spells when your sense of contentment is relatively high, but you have an underlying yearning for more fulfillment. These periods—when you have enough motivation and energy to take action—are ideal for recharging your batteries and reinvesting in you.

**Intuit benefit to help:**

Through **eMindful**, you can join an online virtual classroom with a live coach who works with you to create lasting positive change, improve your quality of life and increase your happiness.

3

Moderately stressed

We all go through periods when life's demands seem extra challenging. In our go-go-go world, it can be tempting to have a full schedule and a long to-do list. But when all those responsibilities stack up so high that you never feel a sense of accomplishment, something's gotta give—and you don't want it to be your health.

**Intuit benefits to help:**

- Through **Whil's digital mindfulness platform**, you can access self-paced sessions with master trainers who lead you through a variety of topics, including managing your stress, knowing your emotions, creating mindful relationships and developing self-awareness.
- If you're feeling emotionally drained, you can always **take a mental health day**. Use some of your accrued sick time to recharge.

4

Depressed or anxious

There's a fine line between manageable stress and ongoing, health-compromising anxiety or depression. If you feel like you've crossed that line, seek help. As useful as it can be to open up to a friend or family member, a trained professional can provide the objective guidance you may need to overcome serious hurdles.

**Intuit benefits to help:**

- Through **Optum**, you have access to six free, confidential counseling sessions per need, each fiscal year.
- Through **Teladoc**, you have access to virtual counseling services when and where it's convenient for you.
- All of **Intuit's medical plans** cover mental health services. You can get a referral to a specialist from your primary care doctor.
- In the Bay Area? The **Crossover Health Center** delivers concierge-style health care services, including mental health services.

5

In crisis

If you're ever feeling desperate, despondent and like you have nowhere to turn, always know that these feelings are temporary and there's someone to talk to.

**Call the Suicide Prevention Hotline at 1-800-273-TALK.**