



TAKE
CARE OF
YOURSELF



CARSON TAHOE
— HEALTH —

EMPLOYEE WELLNESS SUPPORT & BENEFITS

As healthcare professionals, you dedicate your lives to caring for others, often at the expense of your own well-being. The demanding nature of your work can contribute to stress, burnout, and emotional challenges.

It is crucial to prioritize your own well-being to maintain the resilience and compassion you need to effectively care for your patients. By taking care of yourself, you can better care for your patients and maintain the compassion and dedication that are essential to the healthcare profession.

Here's to Your Health! #TakeCare



MENTAL HEALTH DAY POLICY

Check with your
leadership for
details or see policy
on CtrhNet.



VOLUNTEER DAY POLICY

Check with your
leadership for
details or see policy
on CtrhNet.

EMPLOYEE WELLNESS BENEFITS

WELLNESS RESOURCE QR CODE



- For wellness self-assessment tools and activities related to self-care, grounding and mindfulness.
- Stress-management exercises educational materials and more!



Dial or Text
988

National Crisis Line
The number to text or call if you
or a loved one is struggling &
need support.

EMPLOYEE WELLNESS QUESTIONS:

carsontahoe.com/wellness
wellness@carsontahoe.org
(775) 445- 7337

Nutrition



Salad Bar Punch Card

The Sage Café and the Midtown Café both offer salad punch cards. 10th salad is free, reach out to the Sage or Midtown Café to get a card.



Sage Café

1600 Medical Parkway
Carson City, NV 89703



Midtown Café

775 Fleishmann Way
Carson City, NV 89703



AMWELL

Amwell is a faster, easier way to see a doctor.

It allows you video visits with a doctor 24/7/365. It's easy to use, private, and secure.

You are automatically enrolled. Spouse and dependents 18 and older need to create their own Amwell accounts.



MEDICAL WELLNESS CHECKS

Employees are encouraged to take advantage of (FREE to employees) CTH wellness health checks at various CTH locations through out the year, including heart (EKG, ultrasound), blood work labs & cancer skin screenings.

Check out the online calendar for dates or email:
wellness@carsontahoe.org



CTH MEDICAL BILL DISCOUNT

Carson Tahoe Health offers a discount of 50% on Carson Tahoe Regional Healthcare account balances for all employees and their immediate family members.

Please see CTH policy - 'Employee Healthcare Discount' for details.



EMPLOYEE ASSISTANCE PROGRAM

The employee GuidanceResources program provides confidential counseling, expert guidance and valuable resources to help you handle life's challenges with support for:

- Emotional
- Work & Lifestyle
- Legal Guidance
- Financial Resources
- Digital Support

24/7 Live Assistance:
Call: (844) 703-0397
guidanceresources.com
App: GuidanceNow
Web ID: CarsonGuidance



CALM APP

The Calm App is available for CTH staff free of charge.

Scan the QR code to your smart device camera. Your login information will be your CTH single sign-on.



Fitness

Local Gym Discounts

Local gyms offer discounts to CTH employees. For more information go to:
carsontahoe.com/wellness



Wellness Events

CTH Events Calendar

Check out the CTH Wellness Events Calendar at:
carsontahoe.com/calendar

If you have a questions about CTH Policies or Benefits, email:
HRinfo@carsontahoe.org
Or for a Benefits Guide, go to:
carsontahoe.com/benefits

**Ask
HR**

**Join Our
Team**

Join the CTH Team or get an employee bonus for referring someone to CTH. Check out
carsontahoecareers.htcsportals.com
#JoinCTH