

# Harness the power of your PayPal benefits



**A weight-loss program**  
that works

**No time for the waiting room?**  
Skip it

**Get help**  
managing life's ups and downs

**Discover your best self**  
with help from a wellness coach

**Household help**  
you can trust



# Get care on your schedule from anywhere

## ***I didn't have time to see a doctor in person, so I saw one online instead.***

*I had a nagging sore throat that wasn't getting better. I needed to see a doctor quickly and remembered that my medical plan offers virtual visits. After registering with the site, I requested an appointment and was chatting with a doctor through a secure video in a few minutes. I even had a prescription filled. It was simple and I saved so much time!*

Kelly from Conshohocken, PA

## **Virtual care fast facts**

- Best for **minor health issues and injuries**
- **No advance** appointment required
- How much you pay depends on the **medical plan** you're enrolled in:
  - \$300 Deductible—\$10
  - CDHP with HSA—\$40
  - Kaiser HMO—No cost

**Download your health plan app:** UHC's Health4Me or Kaiser's My Doctor Online at [paypalbenefits.com](https://paypalbenefits.com) > mobile apps.

## **Sometimes you need to just talk with someone**

Whatever the issue—stress, anxiety, depression, relationship issues—we've got you covered.

**Virtual visits.** Chat with a mental health provider on your mobile device, tablet, or computer through a secure video link. No travel and less wait time for an appointment. For short-term care, use your Employee Assistance Program (EAP) benefit. The EAP provides 6 free visits, per issue. Register at [liveandworkwell.com](https://liveandworkwell.com) and select *Find a virtual visit provider* to get started.

## **Prefer an in-person session or need longer-term care?**

A specialist from Optum's Counseling Concierge Service is available 24/7 to help you find a therapist, psychiatrist, or community resources to help.

**Optum** 866-248-4096 | [liveandworkwell.com](https://liveandworkwell.com)  
(access code: PayPalUS)

**Arbor Family Counseling (Employees in Nebraska)**  
800-922-7379 | [arborfamilycounseling.com](https://arborfamilycounseling.com) (access code: arbor)

**Tip:** Download the Optum Employee Assistance Program (EAP) app now. Visit [paypalbenefits.com](https://paypalbenefits.com) > mobile apps.



## **There's an app for that!**

Find apps for all the benefits mentioned here and more at [paypalbenefits.com](https://paypalbenefits.com) > mobile apps.

# The best shape of your life is closer than ever



**Improve your nutrition, sleep better, quit smoking, or manage stress** with the help of a personal wellness coach available through video conference, text, or phone—at no cost to you. Download the Vida Health app at [paypalbenefits.com](https://paypalbenefits.com) > **mobile apps**. Use PAYPALWELL as the invite code.

## ***I can honestly say that Real Appeal changed my life.***

*I started Real Appeal in January 2018 with the goal of dropping some weight before a family cruise. I never expected to see the results that I did nor how painless the process was. I lost a total of 90 lbs. and dropped 5 sizes in my 1-year program. The 2-sizes-smaller “goal” dress I had bought for the cruise was too big to wear by the time we took the cruise. A problem I never dreamed I’d have.*

Christine from Chandler, AZ

## **Real Appeal fast facts**

- Real Appeal is a **free and convenient** 52-week online weight-loss program.
- **Access** comprehensive tools and coaching support.

**Tip:** Take the first step to better health.

- Visit [pp.realappeal.com](https://pp.realappeal.com).
- Download the Real Appeal app at [paypalbenefits.com](https://paypalbenefits.com) > **mobile apps**.

# Take back the reins on stress

Learn how to meditate, stay calm in the face of daily pressures and stressors, and stop negative thinking patterns with meQuilibrium. Register at [mymeq.com/paypal](https://mymeq.com/paypal) to take your free stress assessment.

**Tip:** Use the meQ app to stay on track and follow your personal action plan. Download it at [paypalbenefits.com](https://paypalbenefits.com) > **mobile apps**.

## **Get household help**

Need a house cleaner or pet sitter? Download the Bright Horizons app at [paypalbenefits.com](https://paypalbenefits.com) > **mobile apps** to gain instant—and complimentary—access to a list of qualified providers through Bright Horizons. Pay only for the actual service you use.

**Tip:** Use **PayPal** as the username and **backup4u** as the password.



→ Ready to get started? Visit [paypalbenefits.com](https://paypalbenefits.com) for details.



# Benefits that fit how you live

A busy life on the go means you need real support, no matter the time, day, or place. That's why many of your PayPal benefits give you 24/7 assistance with just a tap or click of a button. So you can always get the support you need when you need it.

PayPal Benefits  
2211 North First St.  
San Jose, CA 95131



## Life changes

When it does—and you need to update your benefits, such as adding or removing a dependent—you have 30 days to make changes to your benefits. Everything you need to know about eligible life events is at [paypalbenefits.com](https://paypalbenefits.com).

## ***“I’m doing this for me.”***

Getting fit and healthy. Centering your mind. Working through life issues. Finding help for your household. PayPal benefits can help you through it all.



[paypalbenefits.com](https://paypalbenefits.com)

Your go-to resource for benefits information

