

# Team member health and wellbeing resources

At Inova, we believe there is nothing more important than the health and wellbeing of our own team members. Our goal is to ensure we provide you with the support and care you need with access to resources that can help you thrive and be your best. Below, please find a list of resources available for your wellbeing needs.

Resource	Hours	Purpose	How to connect
Lyra Mental Health	24/7	Lyra Health offers confidential care for your emotional and mental wellbeing. Services include guided self-care with a coach, in-person and video therapy, mental health coaching, medication management, and online self-care resources.	Inova.LyraHealth.org Care@LyraHealth.com 877.331.4685
CARE peer support	Varies by unit/ dept.	Peer supporters are team members from all disciplines who have completed training and are available to actively listen and provide supportive presence in a confidential, nonjudgmental manner.	InovaNet page
Inova Employee Assistance Program (EAP)	24/7	This program can be accessed for private, confidential, non-Inova mental health professional counseling, child and elder care assistance, financial planning support, legal services, and daily living resources.	inova.org/EAP (Username: Inova, Password EAP) 800.346.0110
eServices	M – F 8:30 a.m. – 5 p.m.	eServices provides team member support for day-to-day HR needs, HR policy guidance and general workplace concerns.	InovaNet page eServices@Inova.org 703.776.2166
Inova Well	M – F 9 a.m. – 5 p.m.	Inova Well offers health coaching for group or individual wellbeing support around breath/mindfulness and stress management activities, resilience, sleep, nourishment, movement, ergonomics, life/work integration, and team building.	InovaNet page InovaWell.org
Inova benefits portal	24/7	On-demand access to benefits information and resources is available here.	MyInovaBenefits.org 877.466.8201
Fidelity Financial	24/7	Fidelity Financial offers on-demand access to resources to support retirement planning (e.g., 401 (k) program information) as well as other resources to support financial wellness.	NetBenefits.Fidelity.com 877.694.6682
Spiritual care/ chaplaincy services	M – F 8:30 a.m. – 5 p.m.	Professionally trained, board-certified chaplains provide emotional and spiritual support for all team members, regardless of faith or tradition.	InovaNet page
Team Member Health	M – F 7 a.m. – 4 p.m.	This office provides health promotion, risk reduction and disease prevention programs. Services include Immunizations and TB screening, injury management, and health record maintenance.	InovaNet page eHealth@Inova.org