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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	Confidential care for your emotional and mental wellbeing. Services include Guided Self-Care with a Coach, In-Person & Video Therapy, Mental Health Coaching, Medication Management, and online self-care resources.	 inova.lyrahealth.org  care@lyrahealth.com  1-877-331-4685
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, non-judgmental manner.	 InovaNet Page
Employee Assistance Program (EAP)	24/7	EAP 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)  1-800-346-0110
eServices	Monday-Friday 8:30 a.m. - 5:00 p.m.	Provides team member support for day-to-day HR needs, guidance on HR policies and general workplace concerns.	 InovaNet Page  eServices@inova.org  703-776-2166
InovaWell	Monday-Friday 9:00 a.m. - 5:00 p.m.	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  www.inovawell.org
Inova Benefits Portal	24/7	On-demand access to benefits information and resources.	 MyInovaBenefits.org  1-877-466-8201
Fidelity Financial	24/7	On-demand access to resources to support retirement planning (e.g., 401K program information) as well as other resources to support financial wellness.	 Netbenefits.Fidelity.com  1-877-694-6682
Spiritual Care / Chaplaincy Services	Monday-Friday 8:30 a.m. - 5:00 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	Monday-Friday 7:00 a.m. - 4:00 p.m.	Provides health promotion and risk reduction; and disease prevention programs. Services include Immunizations and TB screening, injury management, health record maintenance.	 InovaNet Page  eHealth@inova.org