



# Wellness Ambassador Newsletter/ Updates May 2024

## Mental health & substance use support from Aspire 365

There may be times when you are having troubling thoughts or behavior changes, or may be experiencing substance use, anxiety or trauma. If you or your family have experienced any of these conditions, Aspire365 provides primary mental health, primary substance abuse use, and co-occurring disorder treatment. The program brings care conveniently to you and services can be coordinated with your schedule. To get treatment where and when you need it, call Aspire365 at 385-352-9696. Scan this QR code to learn More about Aspire365.



**Congratulations to Jessica Deschenes** one of our two **Quarterly Drawing Winners of \$250 in Pulse Cash!** To be eligible a participant must reach level 2 or higher.

**Congratulations to our four of five Secret Level 5 Quarterly Winners of \$50 Pulse Cash!** To be eligible participants must complete secret level 5.

Scott Bosworth	Kevin Petrak
Blair Pelletier	Andrew Heffernan

## May upcoming Challenges/ Events

### Mental/ Fiscal Health Focus:

- Open enrollment May 1 to May 24
- Health Coaching Postcard mailings to eligible homes. Promotion of health coaching Services
- "Top of Mindfulness" Spotlight Challenge (registration opens April 29<sup>th</sup>)
- Continuation of Push notifications to redeem pulse cash (cash in or continue to grow your rewards. Pulse cash rewards do not expire at the end of the plan year).

To register for Virgin Pulse: [join.virginpulse.com/MEABT](https://join.virginpulse.com/MEABT)  
Member login after registering: [member.virginpulse.com](https://member.virginpulse.com)

Virgin Pulse Member Services: 855.689.6884 or [meabt.support@virginpulse.com](mailto:meabt.support@virginpulse.com)

