

# Benefits to Support You

A COVID-19 diagnosis may bring a range of emotions, and we want you to know that Houston Methodist is here to support you through this time with programs to help financially, emotionally and spiritually.

## Enhanced Short-Term Disability

When an employee who is ill, tests positive for COVID-19 and is unable to work, Houston Methodist places the employee on Enhanced Short-Term Disability. Enhanced Short-Term Disability will replace 100% of your income, even if you are not eligible for other benefits. (Temporary employees are not eligible.) You will not have to use PTO for the time you are out.

Income calculation rules remain the same as regular Short-Term Disability. The benefit will be reassessed after you receive two weeks of COVID Enhanced Short-Term Disability. Please reach out to Cigna at 800.351.3510 to start a claim, and email [hrrhub@houstonmethodist.org](mailto:hrrhub@houstonmethodist.org) with your test results to expedite your payments under this program.

[Read more](#) about Enhanced Short-Term Disability on [myHR.houstonmethodist.org](http://myHR.houstonmethodist.org). If you have any questions, please contact the HR Hub at 832.667.6211 or [hrrhub@houstonmethodist.org](mailto:hrrhub@houstonmethodist.org).

## EAP Counseling

Our Employee Assistance Program provider, LifeMatters, can be reached at 800.634.6433. You can receive up to 10 free counseling sessions, and they are available through phone or video conversations or text messages. Learn more at [mylifematters.com](http://mylifematters.com) or through the LifeMatters mobile app. Access code: **HM1**.

## Peer Support Counseling

The anxiety, sadness or other emotions you may experience deserve care, just like your physical symptoms. Our peer support team of mental health professionals (psychologists and clinical social workers) offers free individual sessions to Houston Methodist employees. They offer a safe, confidential place to process and address your emotions via phone or video chat and can direct you to additional resources, if necessary.

Request a consultation [online](#) or by texting **PEER** to **45991**. A clinician will contact you by the next business day.

## Request a Prayer or Spiritual Counseling

Submit prayer requests to chaplains at your work location. [Complete this form](#) or text the word **Prayer** to **45991** to receive a link to the form.

Please supply the requested information and select your hospital location. The Spiritual Care department at the location you choose will receive your prayer request.

You can use the same form for individual spiritual counseling from a Houston Methodist Chaplain.

## Virtual Support Group

If you have been diagnosed with or have recovered from COVID-19, your Houston Methodist family is here to support you. Spiritual Care and Organizational Development are hosting a daily COVID+ Support Group for employees who have or have had COVID-19. The support group is an anonymous, virtual community to safely share stories and feelings, build coping strategies, access resources or request confidential support. Join daily at 1:30 p.m. via [WebEx](#) or by phone: 877.209.1359. Access code: 591 538 122.

## Faith-based Video Resources

In collaboration with Houston Methodist Spiritual Care and Values Integration, you have free access to RightNow Media @ Work. This faith-based video library is designed with employees in mind, but your whole family can use it. It's like the "Netflix of faith-based videos," with topics ranging from career development to marriage to mental health. It also includes content for children. [Create your free account](#).

After you create your RightNow Media account, download the free app on all your favorite devices. (Supported devices include iPhone/iPad, Android devices, Roku, Apple TV, Chromecast, and Amazon Fire.) Simply search for RightNow Media @ Work in your app store. If you already have an account, go to [rightnowmediaatwork.org](http://rightnowmediaatwork.org).