



Wellness Resources

Talkspace

Get the extra support you need in a way that works for you. With Talkspace, you can reach out to a licensed in-network Emotional Wellbeing Solutions provider, 24/7. Here's how Talkspace can fit your life:

- ▶ Find an Emotional Wellbeing Solutions provider with an online matching tool.
- ▶ Start therapy within hours of choosing your provider.
- ▶ Message your provider whenever- no appointments necessary.

To get started, visit talkspace.com/connect or call Optum Emotional Wellbeing Solutions at 866-248-4094 to activate prior to registering (first visit only), choose a provider, and message anywhere, anytime.

NXP Care Connect

Receive 24/7, confidential support for life's challenges at no extra cost through NXP Care Connect.

- ▶ Speak to a specialist as often as you like, free of charge.
- ▶ Get five free face-to-face counseling sessions (per concern, per person, per year).
- ▶ Dependents who live away from home are also eligible.

Financial Wellness with Fidelity

Whether you're juggling multiple priorities or focused on a specific financial goal, join Fidelity throughout the year to learn more about how to enjoy life today while planning for tomorrow. Visit netbenefits.com to view event resources and tools available to you!

Wellbeing@NXP

Supported by Personify Health, employees will be empowered to lead happier and healthier lives by engaging in personal and rewarding ways throughout their health and wellbeing journeys. The program provides personalized wellness support, including tracking tools, guided meditations, tips for healthy living and challenges to build healthy habits. Sign up at join.personifyhealth.com/nxp, or get the Personify Health mobile app.

Calm App

Connect with personalized resources to help support your mental health in-the-moment or as a supplement to engagement with a licensed professional. This includes mental health screenings, coaching and therapy referrals, personalized programs and daily self-care content.

To access, log in at myuhc.com. Click on **benefits > self care & coaching > calm health** > go to calm health.

Non UnitedHealthcare members, visit nxp.com/benefits or click [here](#) for more information.

Energy Breaks

Energize your team and stimulate productivity and enthusiasm during meetings. Get out of the stagnant computer state with your amazing Activity Center staff. For more information on energy breaks and how to schedule them for your next meeting, contact: vailable@nxp.com

- ▶ Oak Hill: Antoinette.Weatherspoon_1@nxp.com
- ▶ Ed Bluestein: Kendall.Payne@nxp.com
- ▶ Chandler: Arizona.Macias@nxp.com