

MANAGING YOUR WELL-BEING

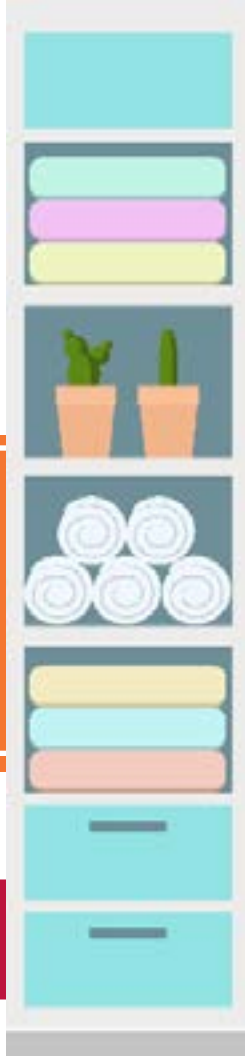
Larimer County offers unique benefits through the medical plan to help you manage your well-being.



MASSAGE THERAPY VISITS

ACUPUNCTURE THERAPY VISITS

* \$1,000 combined annual maximum for massage and acupuncture therapy per covered medical plan member per year.



THERE ARE POSITIVE PHYSICAL & MENTAL EFFECTS FROM MASSAGE AND ACUPUNCTURE THERAPY SUCH AS:

- 1 Reduce stress and improve overall mental wellness.
- 2 Enhance sleep quality and increase energy.
- 3 Relieve tension and pain in muscles.
- 4 Improve range of motion and increase joint flexibility.

GET REIMBURSED

Get your massage therapy and acupuncture therapy visits reimbursed. Download the [reimbursement form](#) and submit them to UMR.

www.larimer.org/hr/benefits/wellness/wellness-discounts/massage-spa-discounts

MASSAGE & SPA DISCOUNTS

with local providers can be found here:

CALM APP FOR YOUR PHONE



CALM APP

Apple Store: [Download App](#)
 Google Play: [Download App](#)

CALM is a top-rated app for meditation and mindfulness. Enjoy 100+ guided meditations to help you manage anxiety, lower stress, and sleep better. CALM is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users.



www.larimer.org/hr/benefits/wellness/lifestyle-education

LIFESTYLE EDUCATION REIMBURSEMENT

\$500 per covered medical plan member per year.
 * HDHP Members must meet their deductible before this benefit would apply.

NEW! "CALM SPACE" AVAILABLE AT THE WELLNESS CLINIC

Our Calm Space is available for employees to use during Wellness Clinic operated hours. Use the Calm Space to break-up your day and relax.

- Sit in the relaxing zero gravity reclining chair
- Use the eye pillow
- Stretch on the yoga mat
- Sit and color or journal with provided materials
- Use the small sound system if you'd like to listen to your own music or meditation

To reserve time in the Calm Space, please call the Wellness Clinic at (970) 980-2425.

