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Use wellness resources

We want you to feel well so you can perform at your best, both professionally and personally. That's why we offer support for getting and staying well.

On this page you will find information about:

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Fitness Centers

Enjoy a wide range of programs and services at onsite, fully equipped Fitness Centers, available at the San Jose, San Francisco, Seattle and Lehi office locations.

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Wellness Reimbursement Program

We want to help you and your immediate family members maintain a well-rounded, healthy lifestyle. We will reimburse you up to \$360 per year for gym memberships, bike share memberships, fitness classes, massages, nutritional counseling and much more. Don't get stuck in the same-old routine—try a new program on us! Review the [Wellness Reimbursement Program policy](#) ^[1] [PDF] for more information. All new employees, regardless of hire date, will receive the full annual wellness reimbursement amount.

Take advantage of the reimbursement and file a claim at [tri-ad.com](#) ^[2] ([SSO](#) ^[3]).

View the [Wellness Reimbursement Program overview](#) ^[1] [PDF] and [deadlines and submission guidelines](#) ^[4] [PDF] for more information.

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Headspace

The [Headspace](#) [5] app gives you access to short, guided meditation sessions—delivered straight to your phone or browser—that help you manage your stress, sleep better, find your focus, boost your creativity and achieve more balance in your life.

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Wellthsmart Workplace Wellness

Enjoy healthy product discounts through [Wellthsmart!](#) [6] Find available professional-grade vitamins, supplements and other health products (Company Code: adobe).

If you have questions:

- **Email** info@wellthsmart.com [7]
- **Call** 888-969-9355

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Health Risk Assessment

A health risk assessment is one of the best ways to get a personalized snapshot of your health. Start now!

Aetna Members

1. Visit aetnavigators.com [8] to log in
2. Go to Stay Healthy > Health Assessment
3. Select Launch My Health Assessment to get started

Kaiser Members

1. Visit healthy.kaiserpermanente.org [9] to register or log in
2. Go to Northern CA Region > Live Healthy > Total Health Assessment
3. Take a Total Health Assessment

Contact your medical plan if you have issues completing or updating your Health Risk Assessment record.

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Aetna Health Concierge

You and your family have expert support for any health issues or needs through the Aetna Health Concierge program. The Health Concierge will direct you to your Nurse Care Manager to help you create a plan specific to your health needs. They will:

- Answer questions about your diagnosis or treatment plan

- Explain your health care benefits
- Coach, motivate and empower you to take action to improve your health status
- And much more!

Simply call the number on your Aetna member ID card to use this benefit.

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Employee Assistance Program (EAP)

If you or someone in your family needs help balancing the demands of work, life and personal issues, contact the [Employee Assistance Program \(EAP\)](#) [10]. The confidential, round-the-clock service is available at no cost to you through Aetna. It's available for Kaiser members, too.

The EAP also provides free [Care Kits](#) [11] [PDF] for life events such as [having a baby](#) [12].

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Smoking Cessation Program

Learn about programs and resources that can help you [quit smoking](#) [13] [PDF - You must be logged in to Inside Adobe to access the links within the PDF.].

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Executive Health Program

Director-level or above employees are eligible for the Executive Health Program (EHP) to encourage you to focus on your health and well-being.

This optional program is fully funded by Adobe and provides you with a thorough and complete physical examination on an annual basis, in addition to any benefits through the Adobe medical insurance plan you may have selected. Participation in this program is voluntary and not part of any medical insurance plan. If you would like to participate in this program, read the [Executive Health Program](#) [14] [PDF] policy for more details.

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