

Being MINDful in 2023

Your mind is an amazing piece of machinery. Each day, your brain processes thousands of thoughts, makes complex decisions and sends messages at incredible speeds. And yet, when our brain's health is out of alignment, it takes the average person 10 years to make a mental health-related appointment.

Whether you're looking to cope with a specific mental health concern, handle your emotions better, or simply to feel more positive and energetic, there are plenty of ways to take action—starting today.

With NOV's Employee Assistance Program (EAP), Headway, Learn to Live, and MDLIVE virtual mental health visits, you have the tools and resources you need to live your healthiest life!

Your EAP is here to help

We could all use a little help navigating through life's ups and downs, and we believe that seeking support is a sign of strength. With the Employee Assistance Program (EAP), all employees and their families have access to support 24 hours a day, seven days a week, at no cost to you. Your EAP includes in-person and online counseling, personalized coaching, digital mental health support, and referrals for services.

All you need to do is call **1-888-881-5462** or visit global.supportlinc.com and enter "nov" as the group code to get started.

February
2023

Headway's 3 steps to save time and money on therapy

With Headway, we're making it easier to find mental health care and use your BCBSTX medical plan to pay for therapy, including access to in-network therapists. Here's how it works:

- 1. Find the right fit.** Go to headway.co, share your preferences and Headway will filter through thousands of therapists and psychiatrists to find matches in your area.
- 2. Get the in-network price.** Add your BCBSTX insurance details and Headway will give you the exact cost for your session.
- 3. Book your session.** Go to headway.co and book your appointment.

Learn to Live

Changing your mind can change your life. Learn to Live (L2L) is a digital behavioral health platform available to NOV BCBSTX enrolled members age 13+ that teaches you the tools and techniques of cognitive behavioral therapy to help you with some of life's biggest hurdles. The self-paced programs are available anywhere, any time. Getting help has never been easier!

Learn more about L2L and read how members are using the program to find solutions to anxiety, depression, insomnia, substance use, panic, and creating resilience: learntolive.com/welcome/BCBSTX.

MDLIVE: Virtual mental health sessions

Telehealth isn't just about your physical symptoms; it's also a great option for addressing mental and behavioral health concerns. When you, and your dependents, are enrolled in an NOV BCBSTX medical plan, you have access to board-certified doctors 24/7/365, all from the convenience of your mobile device, computer, or tablet through MDLIVE. MDLIVE connects you to a doctor for diagnosis, treatment, prescriptions, and lab referrals.

For more information, please call **1-888-681-4083** or download the MDLIVE mobile app.



Choose words wisely

What we say and how we say it matters.

Making subtle changes to the words we use can help destigmatize mental illness. Words such as psycho, nuts, and insane can be swapped out for more meaningful terms. For example, instead of saying "he's crazy," say "I don't understand him." People are more than their diagnoses and will appreciate being treated with compassion.



Live better with less pain through Bloom

Ongoing physical pain can have a negative impact on your total well-being. With Bloom's digital program for women, you can learn how to control common pelvic pain and other challenges from the comfort of your home. Here's how it works:

1. First, you'll be paired one-on-one with a specialist who will help you create a unique exercise program tailored to your needs.
2. Next, you will receive a Bloom pod which provides real-time feedback and results.
3. Then, you connect to the Bloom app which links to your pod for your exercise program and gives you access to exercise results, cognitive behavioral therapy, and a library of resources.

Visit join.hibloom.com/nov and enter NOV as employer to learn more.

Need help losing weight? Virta Health is ready when you are!

Virta's medical team and health coaches will teach you how to adjust the foods you eat to help you lose weight. By eating delicious and satisfying low-carb foods, you can safely and sustainably lose weight by burning fat for energy.

Virta is available at no cost to NOV employees, spouses, and adult dependents between the ages of 18 and 79 who are enrolled in an NOV BCBSTX medical plan.

Start any time and receive support every step of the way at virtahealth.com/join/nov.

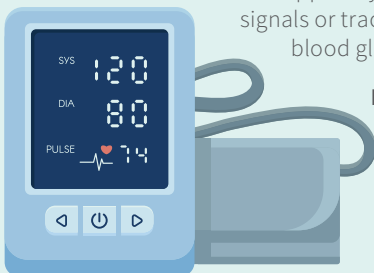


New DPPO dental plan enhancement!

We're pleased to announce a new way to save money when you go to the dentist. Cigna DPPO enrollees now have access to a cost-saving feature, the Dental Waiver Saver. With this program, you'll still have 100% coverage for in-network diagnostic and preventive services, such as x-rays, cleanings, and exams with the added bonus that the cost for these services will not apply toward your calendar year benefit maximum. That means you can receive your routine preventive dental services while keeping your benefit maximum available for other dental care you may need.

Know your numbers and earn \$75!

NOV supports your good health by offering complimentary biometric screenings every year to help identify early warning signals or track your progress with your good health habits. These confidential screenings include measuring cholesterol, blood glucose, blood pressure, BMI, and more!



Need an incentive? Complete your screening and earn the annual \$75 reward through your CarePlus Mobile Health app. Follow the Biometric Screening resource page on your CPMH app and make an appointment at a LabCorp near you, download a physician form and use your healthcare provider, or participate in an onsite screening at select NOV locations in April and May. Learn more at CarePlusMobileHealth.com or from the CarePlus Mobile Health app.





Enjoy more time off—on us!

We know how important it is for you to relax, refresh, and enjoy spending time with your friends and family. Regular full-time employees can enjoy 9 paid holidays plus 2 additional holidays of your choice (with manager approval). We've also made it easier to accumulate vacation days more quickly than ever before with giving more days sooner.

Years of relevant experience	Vacation days per year
0 - 4	15
5 - 9	18
10 - 14	20
15 - 19	23
20 - 24	25
25 - 30	28
30+	30

Coming soon: the Great Barrier Reef challenge

Did you know the Great Barrier Reef is the largest structure of living organisms on earth?

Grab your scuba gear and get ready to dive into our new wellness event! From April 3 to April 28, 2023, NOV teams will virtually race through the Great Barrier Reef on a mission to find treasures. Your team will battle sharks, explore abandoned ships, and enjoy spectacular underwater vistas. As you achieve milestones through your steps and activity, you'll earn raffle tickets for fabulous prizes and gift cards! Be on the lookout for more information and registration details on your CarePlus Mobile Health app. Registration opens on March 20, 2023!



Boost your retirement confidence

Being retirement ready is an important part of your financial well-being. Learn how to get the most out of your 401(k) by taking part in the Principal Webinar Series. Each month, you can attend a free, 30-minute webinar on a variety of topics.

FEB

**Health care
in retirement**

MAR

**Retirement
savings moves
for your 30s,
40s, 50s**

APR

**Financial
basics**

Sp

In addition to educational seminars, you are invited to use the following tools and resources to help with retirement planning:

- Retirement Wellness Score
- Roth 401(k) Calculator
- Risk Tolerance Quiz
- Principal Milestones
- Videos, articles, and checklists

Just log in to your [principal.com](https://www.principal.com) account or manage your account wherever, whenever with the Principal® app. Download the app today at [principal.com/onthego](https://www.principal.com/onthego).



NOV

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10 healthy (and simple!) tips to shake off the blues

- 1. Laughing is good for you.** Ease tension and release pain-fighting chemicals just by having a good chuckle. In fact, even a fake belly laugh can trick your brain into feeling happier.
- 2. Spend time with someone special.** Meet a friend for a walk or call a loved one on the phone. Along with a mood boost, you may also strengthen your immune system.
- 3. Have a sweet treat.** The flavanols in dark chocolate provide a mood boost. Enjoy a small square of 70% cocoa chocolate two to three times a week.
- 4. Play your favorite tunes.** Music can affect your brain in a positive way; providing natural painkillers that can improve your mood.
- 5. Do a good deed.** When you do something nice for someone, your body releases endorphins which are linked to pleasure.
- 6. Hug your dog.** Being around your pet can lift your mood and help you feel better—even if it's a fish.
- 7. Drink more. Water, that is.** When your body is properly hydrated, you'll feel less tired and more mentally sharp.
- 8. Go outdoors.** Being in nature can help lower your blood pressure, heart rate, and stress level. If you can't get out, bring the outdoors in—furnish your home and office with plants and natural accessories.
- 9. Meditate.** Take time to focus on you. Be fully present and concentrate on freeing your mind of unwanted thoughts. At first you may feel distracted, but with practice it'll get easier.
- 10. Reach out for help.** We all have bad days, but if you're not able to pull yourself out of a funk, it's time to reach out to the experts—your doctor, EAP, MDLIVE, and Headway are great places to start.

Source: [WebMD](#)



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