

BEHAVIORAL HEALTH SUPPORT

RESOURCES AVAILABLE FOR TIMKEN ASSOCIATES

- ✓ **Work-Life Balance Program and Behavioral Health Teladoc®**
 - To Access the Work-Life Balance Program and Teladoc
 - » Log into MyTotalRewards either through single sign on via MySuccess, or by visiting mytotalrewards.timken.com
 - » Work-Life Balance Program and Teladoc access is available under Featured Resources
- ✓ **Meet with Timken's Clinical Counselor, Maranda Nowlin, LPCC, to discuss topics such as, managing stress, emotional support, mental health, coping skills, and much more**
 - Available Wednesdays between 7:30 am - 4:00 pm
 - Schedule a confidential appointment at www.aultcare.com/timken

