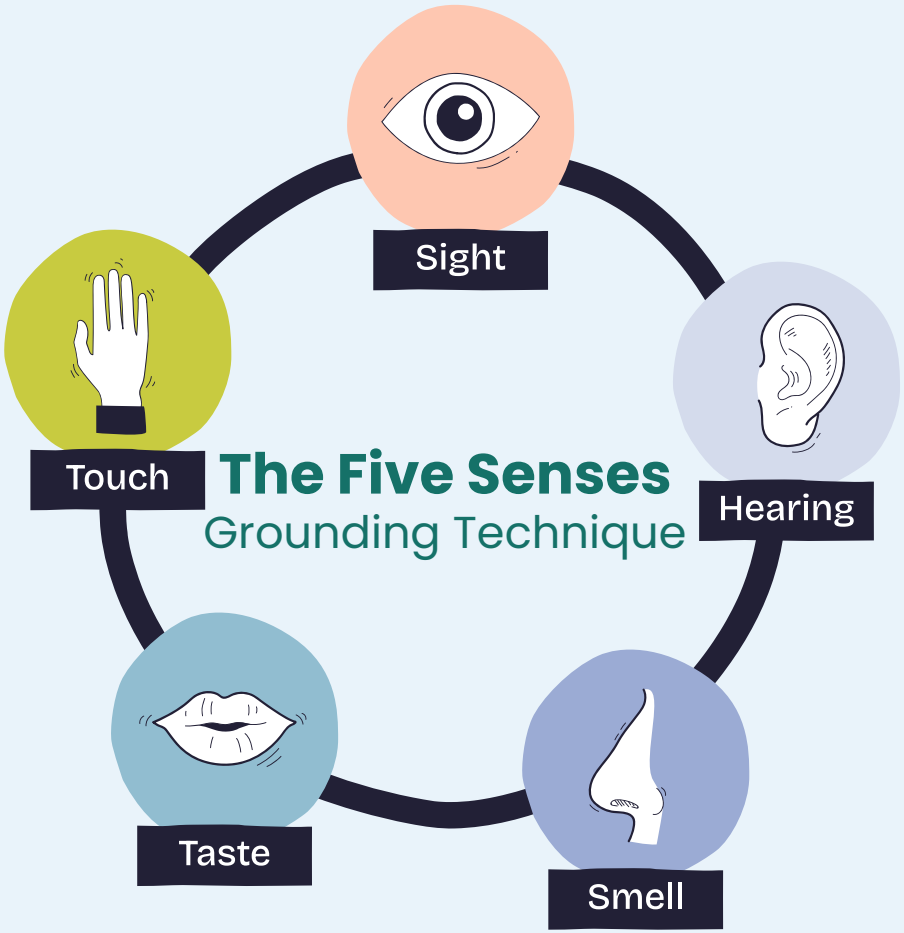


The Five Senses
Grounding Technique

When stress or anxiety feels overwhelming, use your senses to return to the present moment:

- **Sight:** Name 5 things you can see around you.
- **Touch:** Identify 4 things you can physically feel.
- **Hearing:** Listen for 3 sounds you can notice.
- **Smell:** Breathe in 2 scents you can identify.
- **Taste:** Focus on 1 thing you can taste right now.

For additional help and support, please contact the Benefit Support Team, 855-557-1467 or benefitsupport@ajinomotofoods.com.

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Eat Well, Live Well.
AJINOMOTO



Self-Care:
Your Mental Health Priority

Your mental health matters, because *you* matter!

At Ajinomoto Foods North America, we're committed to supporting your wellbeing. We encourage you to explore the full range of tools available to you and your family, through employer-sponsored benefits and additional features in your medical plan. From confidential support to digital wellness tools, everything is here to help you feel your best.

Employee Assistance Program (EAP) (Available to ALL regular employees)

TELUS Health EAP is available to all Ajinomoto employees and their household members, at no cost, whether or not you are enrolled in company health insurance.

Services include:

- ✓ 24/7 confidential counseling (phone, web, and mobile app, including live chat)
- ✓ Stress, anxiety, and depression support from licensed clinicians
- ✓ Legal, financial, and identity theft support
- ✓ Childcare, elder care, and other work-life resources
- ✓ Wellbeing and life coaching, plus personalized digital care plans

How to access:

Online: one.telushealth.com

Call: 833-303-3750 or 919-341-7440

Or download the TELUS Health One App (Android / Apple)

First time users:

User name: Voya | **Password:** EAP

Scan to download Android app

Scan to download Apple app



~personify™ HEALTH

Personify Wellness Portal (Available to ALL regular employees)

Through Personify Wellness, you have access to personalized support for your mental and emotional health, anytime, anywhere.

- ✓ One-on-one support with Personify Coaching
- ✓ Daily wellness tips and guided activities
- ✓ Self-paced programs for stress, sleep, and emotional resilience
- ✓ Engaging short videos in the media library to inspire and educate
- ✓ Community groups and peer support help you feel connected

Scan the QR code to sign up at
join.personifyhealth.com/ajinomoto

Additional Resources (For enrolled members)

Anthem

Register and login: **anthem.com/ca**

As part of your Anthem benefits, you have free access to Learn to Live, a confidential, online mental health program based on cognitive behavioral therapy (CBT).

What You Get

- ✓ Learn to Live online mental health programs (CBT-based)
- ✓ Coaching via phone, text, or email
- ✓ Self-paced tools for stress, sleep, anxiety, and more

cigna healthcare

Cigna Healthcare offers specialized resources for veterans, caregivers, and their families, including a 24/7 support line and weekly mindfulness sessions.

- ✓ Veteran Support Line: 24/7/365 free, anonymous support for veterans. Call **855.244.6211**. Help with counseling, financial/legal resources, housing, and crisis support.
- ✓ Mindfulness Program: Weekly 30-minute phone sessions for stress, anxiety, PTSD, and more. Open to all veterans, their caregivers and families are invited to participate.

Dial: **844-621-3956** Passcode: **2539 021 9921**
Tuesdays 5pm ET & Thursdays 8:30pm ET

KAISER PERMANENTE®

As a member, you can access Calm and Headspace at no cost, two top-rated apps designed to support your emotional health.

- ✓ Calm: meditation, sleep stories, mindful movement
- ✓ Headspace: 24/7 text-based coaching, stress & mood support

Learn more: **kp.org/selfcareapps**

SIMNSA

SIMNSA Health Care offers a robust set of resources to help you stay informed, empowered, and healthy.

Health & Wellness Talks Calendar

Scan the QR code to explore upcoming events on nutrition, mental health, cancer prevention, and more. Join live sessions or catch up on topics that matter to you.

YouTube Channel – "Your Health Comes First"

Expert interviews, prevention tips, and engaging health content in both English and Spanish.