

2025 DENVER HEALTH WELL-BEING PROGRAMS OVERVIEW



**DENVER HEALTH
WELL-BEING™**
PHYSICAL | FINANCIAL | MENTAL | SOCIAL

Denver Health prioritizes your overall well-being and offers a range of programs and benefits to support you. Our commitment extends to your holistic health, ensuring you have the necessary tools and support for a balanced life. Look for the  icon for programs and resources that offer access to therapy, mental health, and behavioral health services and appointments.

PHYSICAL WELL-BEING



Onsite Fitness Center and Membership¹

Receive 24/7 badge access to the Denver Health fitness center including fitness classes, locker room access and well-being challenges.

All employees^{1,2}
DISCOUNTS



Virtual Fitness Portal | Elevation

Access 24/7 on-demand and live fitness classes. Choose from a variety of workouts like cardio, dance, toning and more! Visit elevationfitnessportal.com/signup/denver-health.

All employees
FREE



Good Day Café and All Day Café, OMC Café Powered by Emily Griffith and Vending

Enjoy affordable, healthy food and beverage options.

All employees



Ergonomic Assessment and Education

Prioritize health and comfort in your workspace. Request a personalized ergonomics assessment, team training, or stretch breaks! Visit [The Pulse](#).

All employees
FREE



Designated Employee Appointment Line

To arrange your appointment at Denver Health, simply dial the exclusive employee scheduling line at 303-628-2540.

All employees
FREE



Priority Employee Prescription Pick-Up

Employees receive priority service at the pharmacy for quicker medication pick-up. Simply check-in at the kiosk upon arrival. For questions, contact the pharmacy directly at 303-436-4488.

(1) Membership fee costs \$9.00 per pay period. Day use lockers are included in the membership. Rental lockers are available for \$2.50 per pay period. Email fitness.center@dhha.org to be placed on the rental locker waitlist. (2) **DHHA employees:** Enroll via Workday; **Non-DHHA employees/contingent workers:** Enroll via [The Pulse](#).

PHYSICAL WELL-BEING



Denver Health NurseLine

Trained triage nurses offering care, guidance, and assistance in determining whether you require immediate attention from a physician. Call 303-739-1211.

Medical plan members
FREE



Healthcare Services at Denver Health

Primary care services accessible at 11 locations, integrated specialty care services on campus, and recognized emergency care. Visit denverhealth.org/locations.

All employees

MENTAL AND EMOTIONAL WELL-BEING



myStrength

Access well-being tools and resources, and overcome challenges with myStrength, a mental well-being app. Visit mystrength.com and use access code DHHAemployees.

All employees
FREE



RESTORE

Access confidential, peer-delivered support through the 24/7 Peer Support Line at 303-436-7473 or the Support Center located in Pav B. The Center offers a self-care sanctuary and resources. Visit [The Pulse](#).

All employees
FREE



Health Advocate EAP

Access confidential, short-term counseling from licensed professionals virtually or in person. Call 866-799-2691, email answers@healthadvocate.com, or visit healthadvocate.com/denverhealth¹ to access services and resources online.

All employees
FREE



Bereavement Leave

Receive up to 24 paid-leave hours each year in the case of a death of an immediate family member. View the full policy in [PolicyStat](#).

Benefits-eligible
employees



Leave of Absence

Receive flexible paid time off that can be used for vacation, personal or family illness and more. View the full policy in [PolicyStat](#).

Benefits-eligible
employees



Identity Theft Protection

Mitigate the emotional and financial stress caused by identity theft, enroll in identity theft protection through Norton LifeLock. Visit lifelock.com for more details.

All employees

Note: Benefits-eligible employees are employees who are scheduled to work at least 20 hours per week (0.50 FTE or higher) on a regular basis.

(1) Registration code: THAR9FW.

SOCIAL WELL-BEING



Well-Being Champion

Well-being Champions serve as trusted voices for employee well-being programming and promote and help shape initiatives that will enhance the culture of well-being at Denver Health

Visit [The Pulse](#).

All employees
FREE



Denver Health Employee Resource Groups (ERG)

Engage in spaces where individuals with shared interests, identities, and goals come together for mutual support and growth. ERGs amplify voices, fostering a strong sense of belonging.

All employees
FREE

FINANCIAL WELL-BEING



Community Resource Navigation | WorkLife

WorkLife Navigators provide one-on-one confidential support, resources, and therapy via Sholder and Khesed, and other mental/behavioral health providers. Call 888-219-8993.

All employees
FREE



Discount Program | PerkSpot

Use PerkSpot to find hundreds of deals on everything from household essentials to once-in-a-lifetime vacations. Log in at denverhealth.perkspot.com.

All employees
DISCOUNTS



Retirement Education | Fidelity

You have the flexibility to connect with Fidelity via phone, video conference or in-person to gain valuable strategies and manage your financial future. Visit fidelity.com or call 800-642-7131.

All employees
FREE



Small Dollar Loan | WorkLife

A Small Dollar Loan is available to eligible employees¹. Borrow up to \$1,000 with no credit check and options to pay back through a payroll deduction.

Visit askthenavigator.org.

Benefits-eligible employees



Legal Coverage | MetLife

Learn more about legal coverage for you and your family. To get started, visit metlife.com or call 800-821-6400.

Benefits-eligible employees
DISCOUNTS



Pet Insurance | Nationwide

You have the option to purchase pet insurance through Nationwide. Call 888-899-4874 for a quote or visit benefits.petinsurance.com/denver-health-and-hospitals.

Benefits-eligible employees
DISCOUNTS

(1) Eligible employees are employees with at least 12 months of continuous employment and have been benefit eligible for at least 90 days.
Note: Benefits-eligible employees are employees who are scheduled to work at least 20 hours per week (0.50 FTE or higher) on a regular basis.

FINANCIAL WELL-BEING



Home and Auto Insurance | Farmers Insurance

Learn about your options for home and auto insurance. Get a quote today at farmers.com.

Benefits-eligible employees
DISCOUNTS



Student Loan Coaching and Public Service Loan Forgiveness | Tuition.io

Receive start-to-finish guidance through PSLF. Contact support@tuition.io or 855-353-9395.

Benefits-eligible employees
FREE



Child Care Discount Program

Access tuition discounts on childcare expenses through Learning Care Group or KinderCare. Visit [The Pulse](#).

All employees
DISCOUNTS



EcoPass

Enroll in the electronic travel token that allows unlimited rides on RTD buses and trains. Log into [Workday](#) to enroll.

Benefits-eligible employees
FREE



Adoption Assistance Program¹

Receive a lump-sum payment of \$8,700 when you adopt a child. To qualify, you must be in a benefit-eligible position for at least 12 months prior to the finalization of the adoption. Visit [PolicyStat](#).

Benefits-eligible employees



Tuition Reimbursement and Assistance Program

Benefits-eligible employees with more than 90 days of employment can apply for the tuition assistance and reimbursement program. Visit [PolicyStat](#).

Benefits-eligible employees



Colorado 529 Savings Plan | CollegeInvest

Denver Health offers opportunities to attend lunch and learns/webinars to learn about saving for higher education. Visit [The Pulse](#).

All employees
FREE²



Accident, Critical Illness and Hospital Indemnity Insurance | Unum

You have the option to purchase voluntary benefits to protect your well-being. Visit unum.com.

Benefits-eligible employees
DISCOUNTS



Workforce Development Center

This center supports current and future staff via financial training, wrap-around supports and career development to increase economic mobility through pathways into better paying jobs. Visit [The Pulse](#).

All employees
FREE

(1) Benefit available once per year per family, regardless of number of children adopted. (2) Free to enroll, with opportunity for incentives. Note: Benefits-eligible employees are employees who are scheduled to work at least 20 hours per week (0.50 FTE or higher) on a regular basis.