

COLLEGE OF THE  
**Holy Cross**  
**WELLNESS  
PROGRAM**



**2023  
WORKWELL AWARDS  
#1 MIDSIZE COMPANY  
CATEGORY**

## AT A GLANCE

Be Well @ Holy Cross prioritizes both physical and mental wellbeing for employees through early symptom intervention programs to prevent ailments, onsite clinician support offering BioSynchronistics assistance, and an enhanced EAP to support employees and their loved ones.

BeWell @ Holy Cross focuses on the physical and mental wellbeing of our community... As we execute our strategic vision to offer a liberal arts education that is amongst the finest in the world, having a world-class workforce is mission-critical. All of us at the College believe that work-life balance and employee wellness are essential for attracting and retaining this workforce.



**Dottie Hauver**  
Sr Vice President for  
Administration & Finance at  
**The College of Holy Cross**

## PROGRAM HIGHLIGHTS

Holy Cross embraces a proactive stance in its wellness program, providing an array of comprehensive prevention resources and a range of on-demand support options tailored to meet employees' medical, mental health, substance use, behavioral health, and crisis support needs.

## MENTAL HEALTH

Holy Cross offers extensive mental health support, including a comprehensive EAP, access to the MindTide App, virtual peer support groups, and wellness coaching. The college hosts free mental wellbeing webinars and classes, ensuring accessible support for their community.

## UNIQUE BENEFITS

### Early Symptom Intervention (ESI) Wellness Program

A clinician trained in the BioSynchronistics technique sits onsite 3 days per week, meeting with employees to help decrease stress on joints and balance the body to help reduce pain and prevent injury.

### MindTide App

Aiming to empower individuals to take control of their mental wellbeing and cultivate resilience, employees can access the free MindTide app that provides customized support to employees in managing their mental health.

### Onsite Yoga Classes

Another prong in their proactive approach to wellness, these onsite classes serve to prevent ailments, improve productivity, and meet employees where they are,