

# We're Still Here!

Supporting your Total Wellbeing every step of the way in the new year.

To review the benefits you selected for 2020, simply visit [login.eqr.com](https://login.eqr.com) and click on the Total Wellbeing Portal. You'll also have access to a variety of resources and services to support your wellbeing throughout the year.

## Wellness Support

If you are enrolled in an Equity medical plan through UnitedHealthcare, the following programs are available to help you manage your health. These are offered in addition to our Vitality Wellness Program.

- Optum Quit for Life® Tobacco Cessation Program
- Orthopedic Health Support
- Maternity Support Program
- Real Appeal Weight Loss Program
- 24/7 Access to Care
- UnitedHealthcare App

Visit the [Total Wellbeing Portal](#) to learn more.



### Need medical care but it's not an emergency?

You can save time and money with Virtual Visits. Get convenient care when you need it, in the comfort of your home or on the go. You'll be able to consult with a doctor about your health concerns, symptoms, treatment options and prescriptions, if needed. If you're enrolled in the Premier Choice Plus PPO plan, you'll be 100% covered with no copay. (Under the Standard HDHP Choice Plus PPO plan, you'll pay the appropriate coinsurance after meeting your deductible.)

## Total Wellbeing

Total Wellbeing is when everything lines up and feels just right. We are invested in the success of every employee and support all aspects of your total wellbeing.

Check out the following benefits on the [Total Wellbeing Portal](#) for your Physical, Financial, Career, Social and Community Wellbeing.

- ADVANTAGE 401(k) Retirement Savings Plan
- Employee Share Purchase Plan (ESPP)
- Employee and Family Rent Discount
- Bank and Credit Union Services
- Fidelity 529 Higher Education Savings Account
- Home and Auto Insurance
- Pet Insurance
- Tuition Assistance Program
- New Parent Benefit
- Lifestyle & Family Support Discounts and Resources
- Adoption Assistance
- Employee Assistance Program (EAP)
- Employee Emergency Fund



## Questions?

If you have any questions on your benefits, please call the Equity Residential Benefits Center at 844-948-0480 or start a chat on the [Total Wellbeing Portal](#).

Assistance is available in Spanish, as well as more than 28 additional languages.