

Self-care

At Ecolab, we prioritize your well-being by offering resources to maintain both mental and physical wellness. Explore the resources and links below.

Employee Assistance Program (EAP)	The Confide EAP can help with navigating through big moments in your life, but it's also there to help find solutions to more routine tasks. Learn more about how the Confide EAP can help.
Dental	Did you know that your oral health can give you clues about your overall health? Protect yourself with regular dental checkups to prevent or learn about problems that may be affecting the rest of your body.
Fitness Resources	Physical fitness helps control weight, prevents diseases and illness, improves mood, boosts energy and promotes better sleep. Join the Active&Fit Direct Program and choose from 12,000+ fitness centers nationwide and more than 9,000 on-demand workout videos.
Happify	Take advantage of Happify's science-based app for access to activities and games that boost confidence, promote positivity, reduce stress, enhance mindfulness and well-being.
Health Coaches	Navigating health and well-being can be complex. Associates enrolled in an Ecolab Medical plan have access to Health Coaches , a dedicated team of specialists—nurses, coaches, dietitians, clinicians and counselors—who listen, understand your needs and provide solutions. Personal health coaches assist with stress, diet, tobacco use and more.
Weight and Condition Management	<p>Vida Health is a personalized virtual health program available to all associates and their dependents aged 18+ and enrolled in an Ecolab medical plan. Connect 1:1 with an expert care team to help you lose weight, reduce stress and manage or prevent health conditions like diabetes and high blood pressure.</p> <p>For more information or to enroll: Visit vida.com/ecolab or call 1.833.732.2242. You can also check out this FAQ document on the Vida website to learn more.</p>

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MDLIVE - Medical Care	MDLIVE offers fast, uncomplicated health care via mobile app, online or phone, connecting you with doctors in minutes wherever you are. It's affordable for minor conditions, often costing less than traditional visits, with out-of-pocket expenses like seeing your primary care provider.
Preventive Care	Routine health care services are important for maintaining health and preventing disease, including annual physical exams, well-woman and well-child exams, certain immunizations and cancer screenings. View our preventive care guide to learn more about what services you may need. The Know Before You Go flyer is another great resource to save yourself money when getting care.
RecoveryOne	Enjoy free virtual physical therapy with RecoveryOne for you and dependents over 18 on the Ecolab medical plan. A licensed therapist and health coach create a customized recovery plan, with on-demand sessions available at your convenience.
Substance Use/Misuse	Substance abuse involves harmful use of drugs or alcohol, impacting both the user and those around them, including family and friends. This includes misuse of alcohol, illegal drugs, prescription medications, over-the-counter drugs and tobacco. Substance abuse can lead to addiction, affecting all aspects of life. Support from others can play a crucial role in improving—or worsening—the situation. Learn more .
Vision	Keep your eyes healthy for life. Getting yearly exams are important no matter your age. Learn more about Ecolab's vision benefits with EyeMed.