

Benefits news

Made by You! Designed by You!

Summer 2023

Taking Care of Your Mental Health

Resources for support and counseling

Michaels offers comprehensive benefits to part-time Team Members with coverage options that can provide the care and support you and your family may need. Your resources include support for your mental health and emotional well-being. With Michaels, you have resources available to help you handle any emotional needs or life events you may encounter with assistance from counseling services and telemedicine care from licensed providers.

Free Counseling Through the Employee Assistance Program

The Aetna Resources for Living Employee Assistance Program (EAP) is a Michaels-sponsored program available at no cost to you and all members of your household. That includes your dependent children up to age 26, whether or not they live at home.

Counseling and support services are confidential and available 24 hours a day, 7 days a week. You can call the EAP any time for in-the-moment emotional well-being support. When you call, EAP representatives will listen and help identify your needs. Whether you can use a little extra support or you're going through an emotional crisis, the EAP is here for you. Services are free and confidential for a wide range of issues, including:

- * Relationship support
- * Stress management
- * Work/life balance
- * Family issues
- * Grief and loss
- * Depression
- * Anxiety
- * Substance misuse
- * Self-esteem and personal development

CirrusMD Telemedicine for Medical Care and Mental Health Support

CirrusMD telemedicine services are available at no cost to you. This unique and valuable part of your benefits program lets you reach a doctor through the CirrusMD app when you have a medical question. Telehealth services are available 24 hours a day, 7 days a week, 365 days a year with no appointments or wait times needed.

Michaels part-time Team Members and dependent family members can consult with licensed physicians anytime for help with:

- * Illness
- * Non-emergency injuries
- * Physical and behavioral health questions
- * Prescription refills and questions about medications

CirrusMD also includes visits with doctors for your mental health and well-being needs. No matter what you are going through, CirrusMD doctors are here to help when you need them.

Reach Your Resources

To access Aetna Resources for Living EAP services:

1-800-283-5645

resourcesforliving.com

Username: Michaels

Password: 8002835645



To reach CirrusMD licensed medical providers:

Download the free CirrusMD app or learn more at mycirrusmd.com.

Benefits Information at Your Fingertips

The benefits information you need is always just a click away on MIKBenefits.com or use this QR code. If you still have questions, call Team Member Services at 1-855-432-MIKE (6453).



More benefits news on next page

VISIT US ONLINE AT MIKBenefits.com

Michaels
Made by you®



Invest
in Your
Future!

Michaels CARES

Michaels CARES, a 501 (c)(3) charity funded by the company and voluntary contributions from Michaels Team Members, provides short-term financial assistance to Team Members who experience unforeseen emergencies or hardships. You can find an application and more information at mikbenefits.com/michaels-cares.



Virtual 401(k) Education Series

Vanguard is offering a series of online seminars for Michaels 401(k) participants. Each webinar is about an hour long, and you'll need to register at webinars.on24.com to participate.

Financial Freedom: Learn the basic rules of thumb to improve your finances.

- * Friday, August 4, 2023: 9 a.m., noon and 3 p.m. Eastern
- * Monday, August 7, 2023: 2 p.m., 5 p.m. and 8 p.m. Eastern

Getting on Track for Retirement: Learn how to estimate whether you're on track and make adjustments.

- * Friday, September 8, 2023: 9 a.m., noon and 3 p.m. Eastern
- * Monday, September 11, 2023: 2 p.m., 5 p.m. and 8 p.m. Eastern

Can We Contact You?



Michaels sends important news about your benefits via text and email messages, so please confirm that your cell phone number and email address are up to date in Workday.