



You don't have to face these feelings alone.  
You've got us.



Feeling low? Don't know who to turn to? Turn to Grand Rounds Health. Thanks to Windstream, you've got a personal care team to support you with all your healthcare needs—at no cost to you. We're here to listen and match you to the best benefit for your needs, so you can focus on feeling better.

## Call or chat for live support for all your mental health needs.

1. Do you feel stressed or anxious and don't know who to talk to?
2. Do you want to speak to a professional about your mental health?
3. Are you feeling sad or not yourself and want to understand what's going on?
4. Do you have questions about health fees and bills?
5. Do you want to understand if behavioral health is included in your health plan?

## Need to talk to a counselor?

Your team of care coordinators is on call to connect you to the many mental health resources available to you, like Magellan Health. We can connect you by phone or chat or walk you through the self-service option to find the right counselor for you.

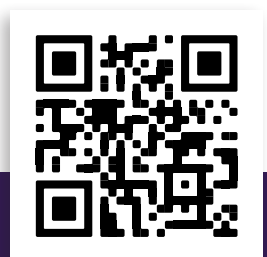
### Who can use Grand Rounds Health?

It's available to all eligible Windstream employees and their covered dependents that are enrolled in a medical plan.

### How much does it cost?

Grand Rounds Health is fully covered by Windstream and available at no cost to employees and their covered dependents.

download the app



Activate your account

[grandrounds.com/windstream](https://grandrounds.com/windstream) | 1-855-524-8426

