GMHEC’s Benefits & Well-Being Spotlight

May 2024

Well-Being Spotlight: Psychological Safety

Human beings are relational creatures and our connections with other people are instrumental in our well-being. Fundamental in supporting our relationships are trust and psychological safety. While trust and psychological safety are related, they are not one and the same.

Read more in the full spotlight!

Benefit Gems: Unum, Northeast Delta Dental, Cigna, InvestEAP

We encourage you to take a look at the voluntary benefits offered as part of the Middlebury College benefits package.

- **Cigna**: A variety of programs from Behavioral Health to Mail Order Pharmacy to well-being and more.
- **InvestEAP**: 24/7/365 support to you and anyone you live with.
- **Northeast Delta Dental**: Health Through Oral Wellness, Vision and Hearing Discounts.
- **Unum**: Travel Assistance in case of emergencies when you are 100 or more miles from your home.

Take a look at the complete Benefit & Well-Being Spotlight from May 2024 [here](#)!