



Beyond Well Podcasts from WebMD

My Benefits. My Life.

Farm Credit
HealthyReturns


WebMD is our wellness vendor for **HealthyReturns**


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WebMD has partnered with Beyond Well Solutions to provide free mental health podcasts.

These short podcasts help reduce stress, prevent burnout, and increase your mental health literacy.

 Loneliness and Social Media
Duration: 5:25

 Learning to Care for all including yourself
Duration: 7:14

 Regular Mood Regulation and not Regular mood Regulation
Duration: 4:32

Visit farmcreditfoundations.com for more benefit information