



Beyond Well Podcasts from WebMD

My Benefits. My Life.

Farm Credit

HealthyReturns

WebMD is our wellness vendor for **HealthyReturns**

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FOUNDATIONS

WebMD | health services

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