

We are facing enormous stresses

SyncTALK can help



Adventist Health offers an online counseling benefit to associates, physicians and partner organization employees at no cost. SyncTALK, by Synchronous Health, connects individuals to certified, masters-level counselors and professionally trained Adventist Health chaplains. Counselors can help build skills in coping with the stress, anxiety and uncertainties that are increasingly common in today's unprecedented environment, while chaplains can provide spiritual guidance, comfort and support to individuals of all faith backgrounds. During the registration process, you'll be able to choose whether you'd like to be connected to a counselor or Adventist Health chaplain. Between sessions, Karla, the platform's virtual coach, offers interactive support, advice and reminders to keep patients on track with their goals.

Your own personal counselor or chaplain

SyncTALK AH counselors and chaplains are empathetic and supportive, providing the motivation and accountability you need to reach your goals. Sessions are held virtually, making scheduling convenient—no need to arrange child care, burn gas or sit in a waiting room. If you feel that you would benefit from working with a counselor or chaplain, we urge you to take advantage of this service.

You and your counselor can work on:

- Increasing healthy connections with family and friends during times of physical distancing
- Setting boundaries on unhealthy relationships and behaviors
- Increasing healthy coping skills
- Adapting healthy lifestyle behaviors to current limitations
- Making these experiences meaningful through contribution and connection

Your chaplain can:

- Offer spiritual care and support in the midst of a personal crisis
- Guide meaningful practices like prayer and meditation

No cost to you

Supporting the wellbeing of our team is mission-critical. SyncTALK AH is available to you whether or not you are enrolled in our employee health plan, at no cost, including all:

- Adventist Health employees and their immediate family members
- Adventist Health physicians, both employed physicians and medical staff providers
- Partner organization employees (e.g., JLL, Sodexo, Allied Barton, Huron)

Getting started

To learn more and sign up for SyncTALK AH, go to ah.synctalk.us – the entire sign up process takes only five minutes. You can choose during registration whether you'd like to be connected to a counselor or chaplain. Participation is 100% voluntary and confidential. No individual or personal data will ever be shared with Adventist Health.

Unable to access a computer? Call 916-249-9356 to sign up over the phone.