

MENTAL HEALTH RESOURCES

HBC Benefits

Optum

You, your family members, or anyone living in your household can use the Emotional Wellbeing Solutions (EWS) program provided by Optum. Coverage includes up to five sessions per person, per incident, each year. When calling, use **Access Code: HBC**.

Online Tools and Resources: when you access Optum EWS website – liveandworkwell.com – you will have access to 24/7 support and information for mental health support, parenting topics and support, relationship problems, substance abuse resources, child and elder care, and free financial calculators. All these support areas are provided at no cost to you or your family.

Speak with a professional: an Optum professional will get you connected with the assistance you need when you call 866-248-4094.



AbleTo

AbleTo App: get access to self-care techniques, coping tools, meditations and more — anytime, anywhere. With AbleTo, you'll get personalized content that's designed to help boost your mood and shift your perspective. Tap into tools created by clinicians that are suggested for you based on your responses. AbleTo is here to help you feel better and it's available at no additional cost to you as part of your EAP.

Ready to get started? Visit liveandworkwell.com and enter company access code 'HBC'. Click 'Explore Self Care' under the Mental Health tile or download AbleTo on your iPhone or Android and use code 'HBC' when prompted to create an account.



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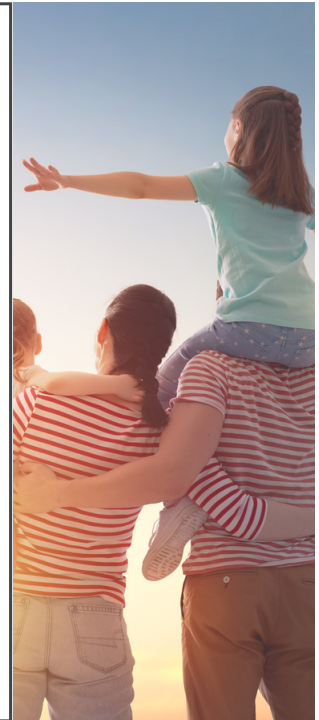


Maternity and Family Planning: an all-in-one digital health platform that supports the family planning journey, from fertility to postpartum and returning to work after parental leave, all the way through one year postpartum.

Menopause: virtual, on-demand access to providers that specialize in menopause treatment and support including OB-GYNs, pelvic floor therapists, mental health specialists, wellness coaches, and more.

You and your partner have free, 24/7 access to Maven which grants you access to free therapy during your postpartum, fertility, adoption, surrogacy, and menopause journey. For access to Maven mental health support visit www.mavenclinic.com/join/support.

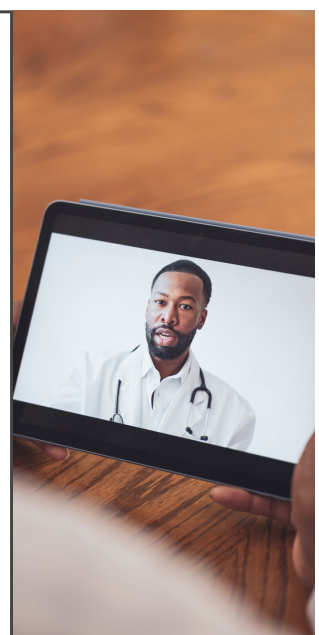
Note: enrollment requires your HBC email address.



Receive confidential treatment for stress, anxiety, depression, and other conditions from MDLive Behavioral Care providers.

Virtual Counseling: speak with your clinician using a smartphone, tablet, or computer. You can schedule appointments directly at MyCigna.com.

Pay the same out-of-pocket cost as an in-office behavioral/mental health visit, which is just \$60 if you are enrolled in the PPO plan or subject to deductible and coinsurance in either the Choice CDHP or Choice Plus CHDP.



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THE REMAINING RESOURCES ARE IN PARTERSHIP WITH CIGNA AND REQUIRE MEDICAL ENROLLMENT



Feeling stressed or overwhelmed, but not quite sure what you need? Use Headspace coaching services for overcoming a range of challenges – from improving sleep or relationships, to managing anxiety and depression.



With Talkspace, you can select from thousands of licensed virtual therapists and maintain an ongoing relationship throughout the entire treatment.



Brightline is a national pediatric behavioral health provider that provides extraordinary support for kids, teens, and parents. Even better, it's all delivered virtually, so you can get support when and where you need it.



Brightside offers personalized anxiety and depression care from the comfort of home with evidence-based therapy, medication, and the support of expert providers at every step.



Get online mental health support 24/7. iPrevail offers various programs, including on-demand peer support chats with a trained coach, mental health assessments, lessons to learn more about your mental health, and more.



Happify is a Cognitive Behavioral Therapy (CBT) and positive psychology based app. Build skills for lasting happiness: Happify turns the latest innovations in positive psychology, CBT, and mindfulness into activities and games.

How to Access Your Cigna Behavioral Health Resources:

- Create an account or login to your portal at [MyCigna.com](https://mycigna.com)
- Select Find Care & Costs
- Click 'Learn More' under talk to a doctor via phone or video under additional resources at the bottom of the page
- Select 'Continue' under Counseling
- Select the specific care you are seeking (anxiety, depression, etc.)
- Select the behavioral health provider that you are most interested in