

Mental Health & Emotional Wellbeing

Available to employees and dependents enrolled in the Cigna medical plan. Visit www.mycigna.com to take advantage of these resources.

There are many options available for members to address mental health and emotional well-being. The following resources range from self-help tools to programs that treat more complicated mental health

conditions:

iPrevail

Provides on-demand coaching, personalized learning and caregiver support. Complete an assessment, receive a program tailored to your needs and get connected to a peer coach.

Happify

A self-directed program with activities, science-based games and guided meditations, designed to help reduce anxiety, stress and boost overall health.

Ginger

Offers confidential mental healthcare through behavioral health coaching via text-based chats, self-guided learning activities and content, and, if needed, video-based therapy and psychiatry. Support is available 24/7/365, for a variety of mental health challenges you may be struggling with—all from the privacy of your smartphone.

Talkspace™

Talkspace™ is a digital platform that offers an effective alternative to face-to-face therapy with thousands of licensed behavioral health clinicians, giving individuals greater flexibility to engage with their care and improve their overall health. Members looking to use Talkspace should register at talkspace.com/connect. BH benefits will cover

Talkspace use as an outpatient therapy, and copays or coinsurance will apply.

MDLive

Behavioral health virtual care provided by licensed counselors and psychiatrists can diagnose, treat and prescribe most medications for nonemergency behavioral/mental health conditions, such as:

- Addictions
- Bipolar disorders
- Child/Adolescent issues
- Depression
- Eating disorders
- Grief/Loss
- Life changes
- Men's issues
- Panic disorders
- Parenting issues
- Postpartum depression
- Relationship and marriage issues
- Stress
- Trauma/PTSD
- Women's issues

CIGNA TOTAL BEHAVIORAL HEALTH GUIDE

Learn more at:
cignabehavioralprograms.com/CTBH/

Employee Assistance & Wellness Support Program

Available to all employees and their families.

This resource helps employees and their families find solutions that restore peace of mind and work-life balance. The program includes

- 3 counseling visits per person, per event, per year
- 5 telehealth wellbeing coaching visits per year
- Professional support including unlimited financial information, tax consultations, family budgeting and estate planning
- Assistance to identity-theft support with legal specialists as well as fraud-resolution services
- Access to the digital portal, mobile app, & monthly webinars

The program can help you with such issues as:

- Reducing stress
- Overcoming an addiction
- Stopping violence
- Learning to relax
- Marital and family conflicts
- Workplace issues
- Grief and loss

FOR MORE INFORMATION

800-344-9752

guidanceresources.com

Web ID: NYLGBS

Company Code: The T

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