

Mental Health Resource Guide

Programs for employees regardless of health plan coverage

ELIGIBILITY	DESCRIPTION	COST	ACCESS
Employee Assistance Program (EAP) Deer Oaks			
All employees and immediate family members	Free, confidential counseling for family/relationship problems, workplace concerns, financial or legal problems, stress, depression, anxiety, grief and loss, and more; medical plan enrollment not required	No cost, up to 12 sessions per issue per year	1-844-833-0437 Nashville.gov Human-Resources/ Personnel-Services/Work-Life-Employee-Assistance-Program deeroakseap.com

Programs for employees covered by the BCBS PPO

ELIGIBILITY	DESCRIPTION	COST	ACCESS
BCBS Behavioral Health & Substance Abuse Benefits			
Employees and dependents covered by BCBS PPO	Outpatient (individual and group) and inpatient treatment (through BCBS's provider network; out-of-network benefits available)	Outpatient: 80% after \$20 copay per visit Inpatient: 80%	Search for network providers at bcbst.com ; select Find Care, then Blue Network P
BCBS Behavioral Health Case Management			
Employees and dependents covered by BCBS PPO	Personal support for depression, anxiety, eating disorders, substance use and other behavioral health challenges. The program helps: <ul style="list-style-type: none"> • Answer your medication questions • Connect you with community help and/or treatment for your specific needs • Learn how long-term health conditions affect your mental well-being 	No cost	1-800-818-8581 (24/7); follow the prompts for Case Management, then Behavioral Health
BCBS Chronic Care Management			
Employees and dependents covered by BCBS PPO	A chronic health condition can take a toll on your mental well-being; this program offers personalized, one-on-one help when you have a long-term health problem, like asthma, diabetes, COPD, coronary artery disease or congestive heart failure. Care managers: <ul style="list-style-type: none"> • Get to know you and your unique health needs • Help you set manageable goals • Celebrate your successes and offer extra help when you need it 	No cost	1-800-818-8581 bcbst.com (chat with nurse about health-related questions, use symptom checker, get discounts on health products and services, and more)

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Programs for employees covered by the Cigna Choice Fund

ELIGIBILITY	DESCRIPTION	COST	ACCESS
Cigna Behavioral Health & Substance Abuse Benefits			
Employees and dependents covered by Choice Fund	Outpatient (individual and group) and inpatient treatment (through Cigna's provider network; out-of-network benefits available)	Outpatient and inpatient: 90% after deductible	Search for network providers at myCigna.com (Open Access Plus plan)
Happify (by Cigna)			
Employees and dependents covered by Choice Fund	Online program/mobile app helps you resist negative thoughts, cope with stress, overcome insecurities and gain self-confidence. Science-based activities help you become more positive in your daily life.	No cost	myCigna.com
iPrevail (by Cigna)			
Employees and dependents covered by Choice Fund	Online program/mobile app pairs you with a trained specialist who has faced his/her own challenges with depression, substance abuse or other behavioral health issues. You'll get personalized learning plans based on proven cognitive behavioral therapies.	No cost	myCigna.com ; select Stress and Emotional Wellness
Cigna Healthy Pregnancies, Healthy Babies® Program			
Employees and adult dependents covered by Choice Fund	Helps you and your baby stay healthy during your pregnancy and in the weeks following birth. You'll get live telephonic support from nurses who are available to answer your questions anytime, day or night. You'll also have access to a library of maternity resources and tools that help you track your pregnancy week by week.	No cost; if you complete the program, you'll be eligible for \$150 in HRA funds if you enroll in your first trimester or \$75 in your second	1-800-615-2906
Cigna Health Advocates			
Employees and dependents covered by Choice Fund	Telephonic coaching on anxiety, depression and more	No cost	1-855-246-1873 myCigna.com
Cigna Lifestyle Management Programs®			
Employees and dependents covered by Choice Fund	One-on-one telephonic coaching on stress management; evening and weekend hours	No cost; complete program and earn \$50 to be added to your HRA Fund	1-855-246-1873
Cigna My Health Assistant®			
Employees and dependents covered by Choice Fund	Online coaching on nutrition, exercise, losing weight, managing stress, maintaining a positive mood and more; powered by WebMD	No cost	myCigna.com ; Wellness tab