

# Mental Health Resource Guide

## Programs for employees regardless of health plan coverage

ELIGIBILITY	DESCRIPTION	COST	ACCESS
<b>Employee Assistance Program (EAP)   Life Advisor by Ulliance</b>			
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; short-term counseling that offers a flexible number of visits	Ulliance 1-877-871-NASH (6274) Life Advisor website lifeadvisorwellness.com

## Programs for employees covered by the PPO Plan and HRA Plan

ELIGIBILITY	DESCRIPTION	COST	ACCESS
<b>Cigna Behavioral Health &amp; Substance Abuse Benefits</b>			
Employees and covered dependents	Outpatient (individual and group) and inpatient treatment through Cigna's provider network; out-of-network benefits available	PPO Plan: 80% after \$20 copay (outpatient); 80% after deductible (inpatient) HRA Plan: 90% after deductible	Search network providers at myCigna.com (Open Access Plus plan). Call 800-244-6224 if you need help finding a provider.
<b>Counseling for all ages (children and adults)</b>			
Employees and covered dependents	Mental health support for you and your family members featuring: <ul style="list-style-type: none"> <li>• A broad network of board-certified licensed counselors and psychiatrists</li> <li>• A partnership with MDLIVE for access to even more providers</li> <li>• 24/7 access to confidential care, even on weekends and holidays</li> <li>• Access to prescription medication when appropriate</li> <li>• Fast access (no long waitlists; some providers can guarantee initial appointment within 5 business days)</li> <li>• Video visits with therapist and coaches</li> </ul>	When searching on myCigna, your cost will be displayed	myCigna.com (click Talk to a Doctor), or call MDLIVE at (888) 726-3171 or download MDLIVE app

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# Mental Health Resource Guide for General Government Employees

## Programs for employees covered by the PPO Plan and HRA Plan ... continued

ELIGIBILITY	DESCRIPTION	COST	ACCESS
<b>MDLIVE</b>			
Employees and covered dependents	MDLIVE's therapists and psychiatrists use virtual technology to treat many behavioral health conditions. Schedule visits at times that work for you, including evenings and weekends.	Same cost as an in-person office visit	myCigna.com or call 1-888-726-3171
<b>Cigna Health Advocates</b>			
Employees and covered dependents	Telephonic coaching on anxiety, depression and more	No cost	1-855-246-1873 myCigna.com
<b>Cigna Lifestyle Management Programs*</b>			
Employees and covered dependents	One-on-one telephonic coaching on stress management; evening and weekend hours	No cost Complete program and earn \$50/program (up to \$100/person) toward your HRA Fund (HRA Plan only).	1-855-246-1873
<b>Cigna My Health Assistant*</b>			
Employees and covered dependents	Online coaching on nutrition, exercise, losing weight, managing stress, maintaining a positive mood and more; powered by WebMD	No cost	myCigna.com; Wellness tab