

Mental Health Resource Guide

▶ Programs for employees regardless of health plan coverage

ELIGIBILITY	DESCRIPTION	COST	ACCESS
Employee Assistance Program (EAP) Life Advisor by Ulliance			
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
Cigna Behavioral Health & Substance Abuse Benefits			
Employees and covered dependents	Outpatient (individual and group) and inpatient treatment through Cigna's provider network; out-of-network benefits available	Outpatient and inpatient: 90% after deductible	Search network providers at myCigna.com (Open Access Plus plan). Call 800-244-6224 if you need help finding a provider.
Counseling for kids Brightline			
Covered dependents age 18 months to 18 years	Mental health support for your children and teens featuring: <ul style="list-style-type: none"> • Fast access (no long waitlists) • Video visits with therapists and coaches • One-stop digital platform to manage care • Help with sleep, tantrums, ADHD, anxiety, depression and more • Coaching and guidance for parents 	Same cost as an in-network behavioral health office visit	hellobrightline.com/benefits

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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
MDLIVE			
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
Behavioral health apps (courtesy of Cigna)			
Employees and covered dependents	<ul style="list-style-type: none"> Happify teaches you how to resist negative thoughts, cope with stress, overcome insecurities and gain self-confidence iPrevail helps you overcome anxiety, depression, eating disorders, grief, panic and more with on-demand coaching 	No cost	myCigna.com or Happify iPrevail
Cigna Health Advocates			
Employees and covered dependents	Telephonic coaching on anxiety, depression and more	No cost	1-855-246-1873 myCigna.com
Cigna Lifestyle Management Programs®			
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
Cigna My Health Assistant®			
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