

Mental Health Matters

Here's a snapshot of the Virtual Mental Health tools and resources available from Word & Brown's carrier partners.



AbleTo: Members can speak to a licensed therapist within 7 days (or less) from the initial call. \$0 for members.

Teladoc: Members can choose a therapist or psychiatrist and schedule visits 7 days a week. \$85 or less/therapy visits, \$190 or less/psychiatrist first visit, \$90 or less/psychiatrist ongoing visit

[Teladoc Health](#)

Mental Well-being

[Aetna Resources for LivingSM \(EAP website\)](#)

[Mental well-being telehealth / virtual programs and providers](#)

[Enhanced Provider Search Flyer \(Mental Health\)](#)



LiveHealth Online: Members can have a video visit with a board-certified psychiatrist or licensed therapist from their smartphone, tablet or computer.

LiveHealth Online Psychiatrist visits are available within two weeks and provide medication support for those 18 and over.

[LiveHealth Online \(LHO\) Behavioral Health Online Flyer](#)

[24/7 Behavioral Health Resource Center Flyer](#)

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Virtual Blue: For PPO members, the virtual blue network includes mental health services [Virtual Blue Flyer \(For PPO Members\)](#)

- \$0 virtual visits
- No referral required
- Mental health coaches, clinical social workers, therapists, & health coaches

Access the Virtual Blue Mental Health overview here: [Virtual Blue health plans | Blue Shield of CA Employer](#)

Headspace Care: Offers on-demand, confidential mental health care through coaching and skill-building activities. Headspace Care provides support when members need it and goes where their smartphone goes.

Teladoc: Blue Shield members have access to Teladoc's national network of U.S. board-certified physicians. Teladoc doctors are available 24/7/365 by phone or video. Members can also speak to licensed therapists, psychiatrists, and mental health professionals who can help them manage addiction, depression, stress or anxiety, domestic abuse, grief, and more. Mental health appointments are available from 7:00 a.m. to 9:00 p.m., local time, 7 days a week.

CredibleMind: A digital mental resource hub.

- [Wellvolution®](#) — Includes Headspace and Headspace Care for on-demand mental health support, stress reduction, sleep, and resilience (24/7/365)
- [Virtual Blue](#) — Phone or video visits with licensed clinicians in all 50 states, ages 4+.
- [Headspace](#) — Members can access the Headspace app at no additional cost.
- [LifeReferrals 24/7](#) — Confidential EAP powered by Headspace, with behavioral health coaching plus financial and legal support.
- [NurseHelp 24/7](#) — Referrals to network or county mental health resources.

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Babylon: Health Net's preferred telemedicine vendor. Babylon provides members access to online psychiatric care 12 hours per day including weekends. \$0 for members, cost share applies for HSA members.

Behavioral Health

[Behavioral Health Guide – English \(PDF\)](#)

[Behavioral Health Guide – En Español \(Spanish\) \(PDF\)](#)

[Teladoc Mental Health \(Digital Program\) Flyer – English \(PDF\)](#)

[Teladoc Mental Health \(Digital Program\) Flyer – En Español \(Spanish\) \(PDF\)](#)

[Child Behavioral Health Flyer – English \(PDF\)](#)

[Protect Your Child's Physical and Mental Well Being – English \(PDF\)](#)

[Children's Behavioral Health and Wellness Screening – English \(PDF\)](#)

Teladoc

[Teladoc Commercial Mental Health Flyer – English \(PDF\)](#)

[Teladoc Health Member FAQs – English \(PDF\)](#)

[Teladoc Health Member FAQs – En Español \(Spanish\) \(PDF\)](#)

[Teladoc Health Member Flyer – English \(PDF\)](#)

[Teladoc Health Member Flyer – En Español \(Spanish\) \(PDF\)](#)

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Calm is the #1 app for meditation and sleep. It is designed to help lower stress, reduce anxiety and more. Calm has many activities to support mental health and emotional wellness, including 'The Daily Calm' that delivers a mindful theme each day, more than 100 guided meditations, sleep stories for deeper and better sleep, and video lessons on mindful movement and gentle stretching. To get access to Calm at no cost, members must begin registration at kp.org/selfcareapps. Members must click on the "Get Calm" button located on this page. If they are not yet signed on to kp.org members will be prompted to sign on using their kp.org User ID and password before linking out to Calm.

Kaiser Permanente offers Headspace to members on-demand, at no cost and without a referral. KP members will have access to one-on-one text-based emotional support coaching through Headspace for 90 days, which can be renewed annually with active KP membership. In addition, members will have access to a broad content library that features Meditation and Mindfulness Practices, Sleepcasts and Wind Downs, as well as Focus Music and Movement Exercises.

The Headspace app is only available for eligible KP members ages 18+. Once their 90-day subscription ends, members will no longer be able to access text-based coaching for the remainder of the 12-month period, however they will continue to be able to see their history and access activities in Headspace extensive self-care content library. KP members can go to kp.org/selfcareapps to register.

Virtual Visits: Kaiser Permanente provides access to mental health providers at \$0, unless on an HSA. Members can see the same mental health provider for future visits.



AbleTo: Offers on-demand access to self-help for stress and emotional well-being. Members can get access to self-care techniques, coping tools, meditations, and more – anytime, anywhere. With self-care, personalized content is designed to help boost mood and shift perspectives. Tools were created by clinicians that are suggested based on members' responses to a short, optional assessment. Self-care is here to help members feel better – and it's available at no additional cost.

[Behavioral Health Virtual Therapy Flyer.](#)

[Behavioral Health Solutions](#)

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