

Mental health awareness is the ongoing effort to reduce the stigma around mental illness and mental health conditions by sharing our personal experiences. Often, because of misconceptions about mental health and mental fitness, people suffer in silence and their conditions go untreated.

Word & Brown has compiled an overview of mental health benefits, updates, and resources from our carrier, health plan, and administrator partners. For specifics, click on the related link (if any).

For general information on mental health from the Centers for Disease Control and Prevention, visit the CDC Mental Health website: <https://www.cdc.gov/mentalhealth/>



Aetna (ACA) (CA)

### Wellness Benefits

- Aetna Health app and website (English/Spanish)

### Preventative Benefits

- Health Assessment

### Mental Health Benefits

- Telehealth: Mental Health

### Additional Resources

- [Diabetic Meter Program Flyer](#): Check blood glucose levels regularly with a blood glucose meter. It's part of the prescription plan, and ordering one is easy.
- Telehealth: General, Dermatology, Mental Health
- Aetna Discount Programs



Aetna Funding Advantage (CA)

Wellness Benefits

- Aetna Health app and website (English/Spanish)

Preventative Benefits

- Health Assessment

Additional Resources

- Aetna Assistance Program: Resources for Living
- Diabetic Meter Program
- Telehealth
- Aetna One Essentials
- Aetna Enhanced Maternity Program
- Over-the-Counter Health Solutions
- FitOn
- Telehealth: General, Dermatology, Mental Health
- Aetna Discount Programs



Aetna (NV)

Pending



Anthem Blue Cross (CA)

Additional Resources

Employee Assistance Program (EAP): Anthem’s Employee Assistance Program (EAP) is offered at no extra cost for members and those in their households. It is included with Medical plans. The program can help with everyday issues like parenting or work-life balance, as well as mental health concerns or addiction.

*Note: EAP was also previously offered in connection with Life and Disability products; however, that business block has been sold to The Standard.*



Blue Shield of California

### Wellness Benefits

- [Total Health and Wellness](#)
- [Wellness Discount Programs](#) help members save money while working on meeting their health and fitness goals, BSC offers preferred pricing and discount programs. These are available to all members who have a Blue Shield of California medical plan, dental plan, vision plan, or life insurance plan.
- [Be Well | Blue Shield of CA](#)

### Preventative Benefits

- These [preventive health guidelines](#) help members keep track of what's needed and when. Their provider will evaluate their risk factors and determine which preventive services they should receive; preventive health services are covered at no cost.
- Additional wellness, preventive, and mental health flyers can all be found in the BSC document library:
  - [Small Business library | Blue Shield of CA Broker](#)

### Mental Health Benefits

- [Ginger](#) offers on-demand, confidential mental health care through coaching and self-guided activities. Ginger is available 24/7/365.
- [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.

### Additional Resources

- [LifeReferrals 24/7](#) offers convenient and confidential support to help members meet life's challenges. A simple phone call connects members with a team of experienced professionals ready to help with a wide range of personal, family, and work issues. LifeReferrals is available 24/7/365 for no copayment or extra cost. Members will be guided to the appropriate service based on their needs.
- [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, seven days a week.



CalCPA

Pending



CCHP (Chinese Community Health Plan)

Pending



Cigna + Oscar (C+O)

### Wellness Benefits

- [Dedicated Care Team](#): Each C+O member is assigned a Dedicated Care Team that consists of 5 individuals: 4 Care Guides and 1 Registered Nurse if a member has any clinical issues. Members at any point in time can open their Oscar Health app and see the names of their Dedicated Care Team members.
- [Virtual Primary Care \(NEW\)](#) is a great perk for all non-HSA C+O members. In addition to being able to see in-person providers, members can select a virtual primary care provider within the Oscar Medical Group of providers. Members can use this service at a \$0 copay! There is no cost to members who would like to use this service (although it does not replace their ability to seek in-person care).
- [Virtual Urgent Care](#) is a perk for those who want to see a provider within the comfort of their own home or office and is available 24/7. This is available at no cost to non-HSA members. Virtual Primary Care does not have office hours.

### Preventative Benefits

- [Step Tracking](#) is available to adult members who can earn up to \$100 each year for simply tracking their steps. This is payable in the form of an Amazon gift card

### Mental Health Benefits

- [Talk Space](#): Members have access to mental health in addition to Cigna's Behavioral Health Network of providers, should they feel more comfortable seeking treatment at home



Community Care Health (CA)

Pending



Health Net (CA)

### Wellness Benefits

- [Learn Healthy Ways to Live Your Best – FREE wellness webinars in 2024](#)
- [CA Wellness Member Brochure – English \(PDF\)](#)

### Mental Health Benefits

- [Behavioral Health Benefits](#): Provides treatment for mental health and substance use disorders.
  - Behavioral health providers include Therapists, Psychologists, and Psychiatrists.
  - Covers behavioral health benefits for both mental health and substance use services, including Outpatient sessions with a therapist, Outpatient medication management with a psychiatrist, Inpatient, residential treatment, or other types of care if medically required.

### Additional Resources

- [myStrength Program](#): Members have access to an evidence-based, self-help resource to improve their mental health. This program is available online or via a mobile app. It offers interactive, personalized modules that empower members to help manage their depression, anxiety, stress, substance use, pain, sleep management, and many other mental health conditions. Members are referred into the program via care management. Members can also self-refer into the program.
- [Healthy Discounts Member Flyer – English \(PDF\)](#)
- [Sharecare Unwinding Flyer – English \(PDF\)](#)
- [Sharecare Health Coaching \(Lifestyle Management Flyer\) – English \(PDF\)](#)
- [Teladoc Health Member Flyer – English \(PDF\)](#)



Hometown Health (NV)

Pending



Kaiser Permanente (CA)

**Mental Health Benefits**

- **Key Mental Health & Addiction Websites:**
  - [Mental Health and Wellness on kp.org](#)
  - [Mental Health and Addiction Care on Better Way](#)
  - [Addiction and Recovery on kp.org](#)
  - [Find Your Words](#): Suicide and Crisis Public Health Campaign
- **Start a conversation about mental health:** [Digital Health Care App Flyer](#)
- **Mental Health and Wellness Resources for Employers and Members:** [Mental Health and Addiction Care Flyer](#)
- **Recognize and Address the Early Signs of Employee Burnout:** [Employee Burnout Guide](#)
- **Support For Emotional Wellness:** [On-demand Self-Care Apps Flyer](#)

**Additional Resources**

- [Standalone EAP product](#): Kaiser Permanente is working with TELUS Health for employee assistance programs (EAP) services for small and mid-size commercial markets. TELUS Health is a global leader in offering full-service EAP and work-life/wellbeing resources that provide confidential counseling, consultations, work-life resources, manager resources, connections to community agencies, and support. This arrangement will allow Kaiser Permanente’s members to enjoy industry-leading benefits from a company that is dedicated to total well-being.
- Services being offered through TELUS Health include:
  - Professional counseling
  - Work-life solutions, e.g., eldercare and childcare consultation, community referrals, financial and legal consultations, etc.
  - Platform services, e.g., one-touch access to 24/7 support and counseling, well-being content library, self-guided therapy and more.



MediExcel Health Plan (CA)

Pending



Nippon Life Benefits

**Wellness Benefits**

Included

Prominence<sup>®</sup>  
Health Plan

Prominence Health Plan (NV)

Pending

Seniors  
Choice

Seniors Choice

Wellness Benefits

Included

SHARP Health Plan

Sharp Health Plan (CA)

Wellness Benefits

- Magellan's Digital Wellness Program offers driven behavioral health wellness resources such as:
  - Mood and sleep tracking
  - Meditation and relaxation
  - Mindfulness exercises
  - Journaling
- Digital Cognitive Behavioral Therapy modules are designed to help individuals manage symptoms associated with anxiety, depression, substance use disorders, sleep disorders, and chronic pain.
- Powered by the NeuroFlow platform to deliver app capabilities and an intuitive and easy-to-access wellness solution.

Mental Health Benefits

- [Sharp Behavioral Health Guide](#)
- [Behavioral Health Guide](#)
- You can also find information online at [www.sharphealthplan.com/bh](http://www.sharphealthplan.com/bh)

Additional Resources

- Telehealth Services: Video visits are covered by most in-network behavioral health providers and offer a convenient way to access care confidentially from the privacy and comfort of home.
- [Telehealth Providers](#)



SIMNSA

## Wellness Benefits

Included



Sutter Health Plus (CA)

Pending



UnitedHealthcare

## Wellness Benefits

- Well-woman Visits and Prenatal Care: UnitedHealthcare covers many women's preventive health care services, including screening mammograms, screenings for cervical cancer including Pap smears, and immunizations with no cost-sharing in qualifying health plans.
- Mental Health Support for Teens and Adolescents: UnitedHealthcare offers various resources designed to help families, supporting them with challenges they may face. The large behavioral health network includes providers specializing in adolescent care, telehealth options, and more. Many services may be available to employees and their families. Check the plan details for coverage on these and other possible forms of support.

## Preventative Benefits

- [Preventive Care](#) includes services members get as part of their routine well exam. Most health plans cover eligible preventive care services, which means they'll pay \$0 out of pocket.
- These updates apply to UnitedHealthcare's standard preventive benefits at no cost share under ACA. For a complete list of preventive services, go to the [Preventive Services Coverage Determination Guideline \(CDG\)](#).
- <https://www.uhc.com/health-and-wellness/preventive-care>

## Additional Resources

- [Self-Care from 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](#) is more than just mental health: it includes addiction issues, anger management, coping with grief, dealing with stress, and other challenges. Get connected to self-care digital tools, behavioral health providers (in-person or virtual), and other helpful resources.
- [Employee Assistance Program \(EAP\)](#) offers access to personalized support, resources, and no-cost referrals. It's confidential one-on-one help from a master's-level specialist.





Western Health Advantage (CA)

### Wellness Benefits

- [Wellness Brochure](#)
- [CommunityFIT](#) is a free, community-based fitness program sponsored by Western Health Advantage. Registration and waiver forms are required to participate in classes; see the web page for full details: Register at [choosewha.com/communityfit](https://choosewha.com/communityfit)
- [Kaia Health](#) is a program for virtual physical therapy for acute and chronic musculoskeletal (MSK) pain.

### Preventative Benefits

- **Preventive Health:** Includes annual wellness exams, health and cancer screenings, well-baby and newborn exams, and preventive immunizations, which are covered in your WHA health plan at no additional cost. (Refer to plan literature for details.)
- Visit WHA's website for [preventive health guidelines](#) including easy-to-read, up-to-date immunization schedules.

### Mental Health Benefits

- [Behavioral Health](#)
- [Optum Behavioral Health:](#) Offers mental health and substance use disorder services. Optum's [liveandworkwell.com](https://liveandworkwell.com) member portal has interactive videos on types of care options, screening tools, prevention programs, self-care apps, and more.
- [WHA's Assist America Overview](#)

### Additional Resources

- Virtual Care (extended options):
  - [Telehealth Services Flyer](#)
  - [Kaia Health Virtual Physical Therapy Flyer](#)
  - [Nurse Advice](#)
  - [Learn more: mywha.org/virtualvisits](https://mywha.org/virtualvisits)
- [Student Care](#)
- [Emergency Assistance While Traveling](#)