

# 2023 Health & Wellness Benefits: Mental Health Support

## All Employees have access to the Employee Assistance Program (EAP)

The **EAP** with TELUS Health (formerly known as LifeWorks) can help you and members of your household navigate professional and personal issues.

Contact the EAP toll-free anytime to speak with a caring advisor for guidance, resources, and a referral to a counselor for short-term, solution-focused counseling.

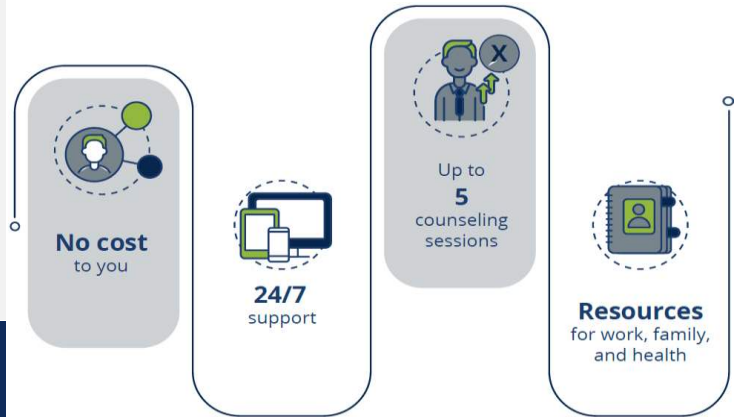
Up to 5 counseling sessions provided at no cost to you!

View additional resources on the [2023 wellbeing calendar](#).

**TELUS Health (formerly known LifeWorks)**

Call: 866-695-6327 | Text: "EAPMS" to 533342

Visit: [login.lifeworks.com](https://login.lifeworks.com) | Download **LifeWorks** mobile app



## Employees Enrolled in BCBS FL Medical Plans

Both the BCBS FL PPO and HDHP medical plans can support you and your covered family member's mental health. Both plans include the 3 highlighted features below, and additional services/treatment such as prescriptions, in-patient treatment, etc. If you have questions, please contact BCBS with the number on the back of your ID card.

### My Health Novel: Behavioral Health

This program's mental health network includes best-in-class mindfulness and cognitive behavioral therapy offerings to help you have less stress, improved sleep quality, increased happiness, and decreased clinical care.

This benefit addresses mental health conditions and matches you with a program that best fits your needs. Services range from mindfulness and self-care resources to behavioral health coaching, therapy, and psychiatry by using partners such as Headspace, eMindful, and Ginger.

#### Your Cost\*

HDHP: 0%

PPO: 0%

(Covered 100% by the Plan)

Visit [myhealthtoolkitfl.com](https://myhealthtoolkitfl.com) > Benefits > My Health Novel, complete the assessment, and get matched with the best program for you.

### Teladoc Virtual Visits: Mental Health

Virtual visits with licensed therapists and psychiatrists are available 7 days a week, 7am-9pm in your local time zone to help you navigate stress, depression, marital issues, and more.

#### Your Cost\*

HDHP: From \$90 therapist to \$100 psych visit (\$220 initial psych visit) (After deductible, you pay 20% up to the out-of-pocket max)

PPO: \$25 copay

Call: 866-789-8155 | Visit: [myhealthtoolkitfl.com](https://myhealthtoolkitfl.com) or [Teladoc.com/go](https://Teladoc.com/go) | Download **Teladoc** mobile app

### Office Visits with Mental Health providers

Mental health provider office visits  
(Such as counseling visits with therapists, psychologists, psychiatrists, etc.)

#### Your Cost\*

HDHP: After deductible reached, you pay 20% up to the out-of-pocket max

PPO: \$25 copay

Visit [myhealthtoolkitfl.com](https://myhealthtoolkitfl.com) to locate an in-network provider and make an appointment.

\*My Health Novel and Teladoc are in-network. The listed coverage for mental health office visits is in-network, and you may pay more if you use out-of-network providers. The terms of the plan are governed by legal documents, including insurance contracts. If there are inconsistencies in this information, the legal plan documents including contract, are the final authority.