





Find what works for your mental health


Everyone is different. What works for one person’s mental health might not work for yours. Here are a few things that may give your mental and emotional well-being a boost:

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Get active. Housework, gardening, sports, spinning, yoga — you’ve got options! Even a short walk outside can boost your mood and energy.
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Connect with people. Don’t let social distancing keep you from friends and family. Call, video chat or even write a letter.
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Set boundaries. You can’t be everything to everyone. Think about how you interact with the people in your life, and learn how to say no when you need to.
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Get enough sleep. Lack of sleep drains physical and mental energy. Adults should aim for seven to nine hours a night.
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Talk to a professional. Therapy is a great way to explore your emotions and identify stressors. This brochure lists several resources available to you.

Support for you

For questions about your medical plan benefits, call Aetna® Member Services at **1-800-572-9096 (TTY: 711)**, Monday through Friday, 8 AM to 6 PM.

You also have support with the Deloitte Live Well Program. This resource provides one-on-one, confidential, support and guidance to help you with life’s challenges. To learn more, call **1-800-221-3222**.

Remember, it’s a sign of strength to take action for better mental and emotional health. Use the resources and ideas in this brochure to live well and stay well.

 **aetna**[®]
7404
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Hartford, CT 06156

Support for
your well-being
is within reach.

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Show some love

Make your mental health a top priority

Aetna.com





A better day starts when you reach out for help

The ongoing uncertainty of the pandemic continues to take a toll on your peace of mind and sense of security. Whether you're dealing with everyday stress or trying to cope with issues such as depression/anxiety, substance abuse or relationship problems, you don't have to go it alone. Take advantage of the benefits and services available to you as an Aetna® member and Deloitte employee.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company (Aetna).

I'd like to meet with someone virtually.

Teladoc® behavioral health visits let you speak with a psychiatrist, psychologist, social worker or therapist by phone or video. Talk confidentially from the comfort of your home, or anywhere, at times that work for you.

To get started with Teladoc, set up your account at **Teladoc.com/Aetna** or call **1-800-TELADOC (1-800-835-2362)**. You can also download the Teladoc app on your mobile device. When you want to schedule an appointment or learn more go to **Teladoc.com/Aetna-Therapy**.

Televideo counseling is another virtual resource to support your mental health needs. To schedule an appointment, call the number for the state where you live:

MDLIVE®
1-855-824-2170
MDLIVE.com/BHCOMM
Available in all states

Array AtHome
1-800-442-8938
Available in California, Delaware, Florida, Illinois, Missouri, New Jersey, New York, Pennsylvania, Texas, Virginia

Arcadian/Telemynd
1-866-991-2103
All states except California, Delaware, Florida, Illinois, Missouri, New Jersey, New York, Pennsylvania, Texas, Virginia

I'd like to speak to someone face to face.

You may prefer to meet with a psychiatrist, psychologist, therapist/counselor or social worker in person. To find in-network behavioral health providers, log in to your member website at **Aetna.com** (register first if needed) and click Find Care & Pricing.



You can also search for network providers using the Aetna HealthSM app. Text AETNA to 90156 for a link to download the app.

I'm struggling with a new medical diagnosis.

Some life events can be overwhelming, like having a baby or finding out you have diabetes or heart disease.

AbleTo is a free eight-week program that connects you with two specialists each week, a therapist and a behavior coach. They'll help you work through emotions, understand your treatment, identify helpful changes you may need to make and feel more in control of your health.

To get started, call **1-844-330-3648 (TTY:711)** to answer some questions and see if you qualify.

I'm worried about the mental health of my child.

Whether your child is in grade school or a young adult, the isolation of the pandemic has been especially hard. When you notice something is "off", trust your gut. Sit down with your child and talk about what's going on. Reassure them that a mental health professional can offer resources and solutions to help them work through their feelings.

To find in-network behavioral health providers, log in to your member website at **Aetna.com** and click Find Care & Pricing. You can narrow your search to find pediatric behavioral health providers.



Anthem Blue Cross and Blue Shield
108 Leigus Road
Wallingford, CT 06492

- 1. Appointments subject to availability of a therapist. Members must be 10 years or older to see a therapist online and 18 years or older to see a psychiatrist online.
- 2. Prescription availability is defined by physician judgment. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

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<First name, Last name>
<Address 1>
<Address 2>
<City>, <State> <ZIP code>

May is Mental Health Awareness Month

Balance a healthy body with a healthy mind



When you need a helping hand

Finding support may be simpler and more affordable than you think

When you or a loved one needs help with a mental health issue, you're not alone. Through your Anthem benefits, you can access a variety of resources that provide the expert, compassionate care you need — and some services come at no extra cost to you.

Behavioral Health Resource Center

Extra support can make a big difference when facing issues such as depression, anxiety, eating disorders, or substance use. Our caring experts will work with you at no extra cost to find treatment programs and arrange confidential counseling and support services that meet your individual and family needs. We're here 24/7. Call **844-792-5141**.

LiveHealth Online

You have access to mental health professionals without leaving the privacy and comfort of home. Using your smartphone, tablet, or computer with a camera, you can:

- **Talk with a licensed therapist in seven days or less.**¹
They can help with stress, anxiety, depression, grief, panic attacks, and family issues.
- **Consult a board-certified psychiatrist within two weeks.**¹
If you are age 18 or older, you can receive medication support to help you manage a mental health condition.²

To make an appointment, visit livehealthonline.com, call **888-548-3432**, or go through the Sydney Health mobile app. Medical appointments are available 24/7. Psychology and psychiatry appointments are available from 7 a.m. to 11 p.m., seven days a week.

Sydney Health

Using the Sydney Health mobile app, you can:

- Find care and check costs.
- Check what your plan covers.
- Use the interactive chat feature to find answers quickly.
- Discover resources that support your well-being.
- Access LiveHealth Online for a virtual visit with a doctor or therapist.

Download Sydney Health from the App Store® or GooglePlay™ today.



Reaching out

If you or someone you know is struggling with depression or a personal crisis, call the National Suicide Prevention Lifeline at **800-273-8255 (TALK)**. If you or someone you know is thinking about or planning to harm yourself or someone else, call 911 or go to the nearest hospital emergency room.

May is Mental Health Awareness Month

Take the time to make your mental health and well-being a priority. We are here to help. Download the Sydney Health app to register for LiveHealth Online, so it's ready when you need it. If you have questions, call your dedicated Member Services team at **866-253-6061**.





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Be your best.

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**For all of
life's challenges,
support is here**



Let's talk about mental health



Life is not always easy—for any of us. The reality is that life presents many types of challenges, some are routine and some may seem overwhelming. Fortunately, you don't have to take it all on yourself. With these virtual and in-person resources, you can do it in the way that is most comfortable and most convenient for you.

Sometimes the hardest part is getting off the couch

So, we'll come to you. Virtual visits let you see and talk to a licensed behavioral health professional such as a counselor, psychologist, psychiatrist or other mental health professional, from your mobile device,* tablet or computer, without leaving home.

Use virtual visits for:

- Depression
- Anxiety and stress
- ADD/ADHD
- Managing anger
- Coping with grief and loss
- Marital problems or divorce
- Domestic violence
- Eating disorders
- Mental health counseling

Feeling stressed or sad and want to explore solutions on your own? Try the Sanvello app.

With the Sanvello app, you can track your daily mood, access coping tools, build life skills and connect with peer communities or get expert advice virtually. Try the app for support with:

- Anxiety
- Burnout
- Depression
- Stress

Download Sanvello from the App Store or Google Play. UnitedHealthcare members get free premium access when you register using your medical insurance information.

Talkspace is now a provider in the UnitedHealthcare network




With Talkspace, you can connect virtually with a licensed network therapist, including unlimited text messaging and real-time audio/video appointments. It's available 24/7 and no appointments are needed. Download the Talkspace app or go to talkspace.com/connect. For ages 13+.





Confidential** help is available 24/7





To schedule a behavioral health virtual visit:

-  Call **1-800-377-2543**
-  Log in to liveandworkwell.com, Deloitte access code: **228222**
-  Log in to myuhc.com® and select *Find a Doctor > Mental Health Directory > People > Provider Type > Telemental Health Providers*

To speak with a substance use recovery advocate:

-  Call the Substance Use Treatment Helpline at **1-855-780-5955**
-  Visit liveandworkwell.com/recovery

To speak with a specialist in times of crisis:

-  Text **HOME** to **741741** for free 24/7 crisis counseling
-  Call the National Suicide Prevention Hotline at **1-800-273-8255**

*Data rates may apply.

**Confidential in accordance with applicable privacy laws and regulations.

Virtual visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations.