



Wespath
BENEFITS | INVESTMENTS

**HealthFlex has
a lot of resources
to keep you mentally fit,
let's find the one
that meets your needs.**



What level of support are you looking for?

I am new to this
I want to test things out

I have an ongoing need

I am not ready for counseling
I am interested in self-support tools

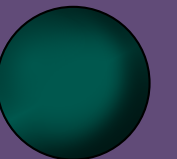
If you need to talk to someone now,
the Suicide Prevention Hotline is **1-800-273-8255**.

**If this is an emergency or you think you may
harm yourself, CALL 911.**

Do you prefer in person or virtual care?

In Person

Virtual Care



In Person



Employee Assistance Program (EAP)— NO COST for 8 Sessions

Confidential counseling sessions with licensed professionals—Licensed Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists and psychologists—to help manage stress, anxiety, depression, substance use and more.

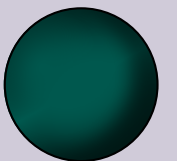
With HealthFlex, you—as well as participants' family and household members, including those not covered by HealthFlex—have access to eight free EAP sessions per concern per year with an in-network provider.

How to Use

Call the dedicated HealthFlex EAP team at **1-866-881-6800** to help you find an in-network provider and receive an authorization number that you will need before your first appointment. You must give the authorization number to your provider so your visits are billed properly.

For more information: Visit the [Wespath website](#).

If you prefer to see someone outside of the EAP network,
you can use the behavioral health benefit at a cost.



Virtual Care



VIDEO, PHONE OR TEXT MESSAGING
AVAILABLE

Employee Assistance Program (EAP)—No Cost for 8 Sessions

You have access to eight free counseling sessions per concern per year.

Talkspace—No Cost for 8 Sessions

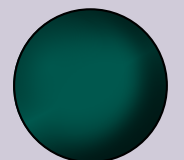
Send text messages to a licensed therapist 24/7. You also can schedule live video calls with a therapist.

MDLIVE® Behavioral Health—Cost involved

Connect with a licensed therapist or board-certified psychiatrist via video or phone. Appointments available evenings and weekends.

Virgin Pulse® Health Coaching—No Cost

Speak with a coach over the phone about coping strategies, mindfulness and change management.



Do you prefer in person or virtual care?

In Person

Virtual Care



In Person



Behavioral Health Benefit—Cost Involved

This benefit is intended to be used for an ongoing relationship with a provider to help with emotional health, substance use, depression, anxiety and more.

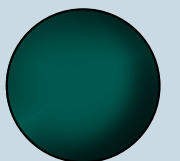
For Blue Cross Blue Shield of Illinois participants:

To find an in-network provider, log in to benefitsaccess.org, select “Health Details” and click “Go to Blue Cross Blue Shield.” On the Blue Cross Blue Shield of Illinois website, click the “Medical” button, select “Find a Doctor or Hospital” and then choose “Behavioral Health.” Or call 1-866-881-6800.

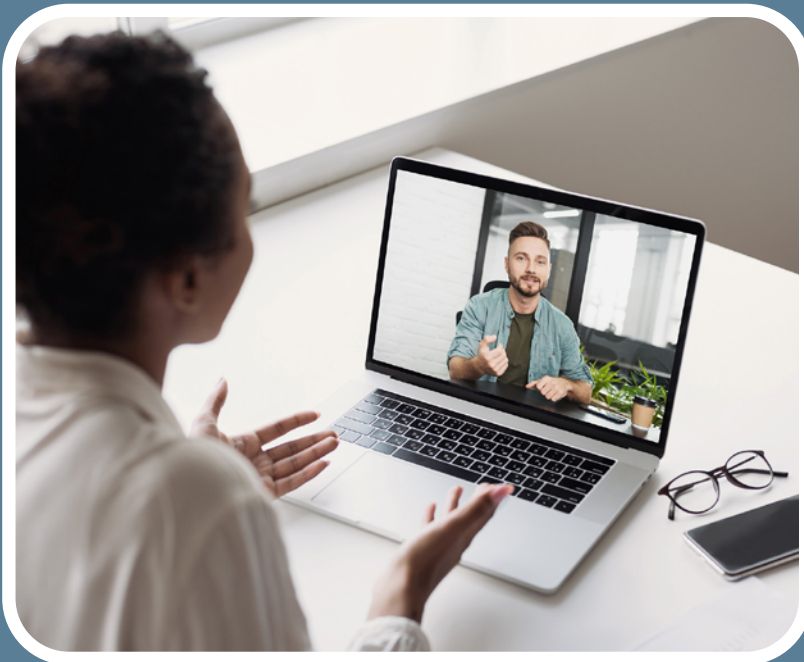
For UnitedHealthcare participants:

To find an in-network provider, log in to benefitsaccess.org, select “Health Details” and click “Go to UnitedHealthcare.” On the UnitedHealthcare website, click on “Find a Doctor.” Or call 1-866-881-6800.

The amount you pay depends on which plan you are in. You pay the same portion whether your provider is in network or not.



Virtual Care



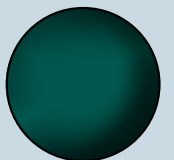
VIDEO, PHONE OR TEXT MESSAGING
AVAILABLE

Talkspace—No Cost for 8 Sessions

Send text messages to a licensed therapist 24/7. You also can schedule live video calls with a therapist.

MDLIVE® Behavioral Health—Cost involved

Connect with a licensed therapist or board-certified psychiatrist via video or phone. Appointments available evenings and weekends.



Self-Support Tools



RethinkCare—No Cost

Learn the basics of mindfulness, self-awareness, cultivating healthy thoughts and yoga in a series of videos.

Journeys[®]—No Cost

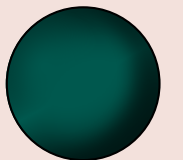
Self-guided courses that are designed to help you build healthy habits.

Track Healthy Habits—No Cost

You can record your progress as you work to add a new habit to your routine. Track habits that help with stress, depression and anxiety.

Live and Work Well Member Website—No Cost

Access resources, self-help guides, support tools and more.



Talkspace— No Cost for 8 Sessions



With Talkspace you can send text messages to a licensed therapist 24/7 without an appointment. If desired, you can schedule live, face-to-face video visits with a therapist in lieu of texting. Your eight free Employee Assistance Program (EAP) sessions allow you to access Talkspace at no cost for up to eight weeks.

How to Use

Call the EAP at **1-866-881-6800** and request a Talkspace authorization code. Then visit talkspace.com/connect. Under “**Use my Employee Assistance Program (EAP)**,” click “**Get Started**.” Fill out your basic information. Type Wespath in the “**Organization name**” field and enter the authorization code you received from the EAP.

For UnitedHealthcare (UHC) Participants

If you would like to continue with Talkspace after the eight free sessions, please provide your UHC insurance information when prompted. Talkspace is an in-network provider for your behavioral health benefit with UHC. You will be responsible for co-payments or deductible/coinsurance.

For Blue Cross Blue Shield of Illinois Participants

Anything beyond eight sessions will not be covered under your behavioral health benefit. After the eight free sessions, please log into benefitsaccess.org, click the “**Health**” tab and then click the “**Go to Blue Cross Blue Shield**” button to find an in-network behavioral health provider. You may want to ask your Talkspace provider for tips about finding a local provider who works for you.

For more information: Visit the [Wespath website](https://www.wespath.com).



MDLIVE Behavioral Health— Cost Involved



If you are looking for a quick, private and safe way to connect with a licensed therapist or board-certified psychiatrist, video or telephone visits are available for HealthFlex participants via MDLIVE Behavioral Health. On average, an MDLIVE Behavioral Health virtual visit can be scheduled in seven days with a licensed therapist and 14 days with a board-certified psychiatrist. Appointments are available with MDLIVE Behavioral Health seven days a week, even during evenings and weekends. People often use MDLIVE Behavioral Health for help with anxiety, depression, stress and many other mental health conditions.

How to Use

Visit MDLIVE.com/HealthFlex. If you already have an MDLIVE account, you can use your account information to sign in.

The amount you pay depends on which plan you are in. You pay the same portion whether your provider is in network or not.



Virgin Pulse Health Coaching— No Cost



Health Coaching



Ready for your appointment

Here are some things you can discuss with your coach:

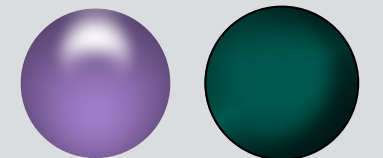
- What motivates you to get healthy
- How to create small steps that make reaching your goals more approachable

Speak with a coach over the phone to talk about mental health concerns including anxiety and depression. Work with your coach on coping strategies, mindfulness and change management. Virgin Pulse Health Coaches hold advanced degrees in counseling, psychology or social work.

How to Use

Log in to your VirginPulse account at virginpulse.com/login or via the app, click on the “**Health**” tab and select “**Coaching.**” All appointments are managed through your Virgin Pulse account.

For more information: Visit the [Wespath website](#).



Behavioral Health— Cost Involved



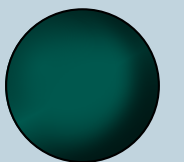
This benefit is intended to be used for an ongoing relationship with a provider to help with emotional health, substance use, depression, anxiety and more.

For Blue Cross Blue Shield of Illinois Participants

To find an in-network provider, log in to benefitsaccess.org, select “**Health Details**” and click “**Go to Blue Cross Blue Shield.**” On the Blue Cross Blue Shield of Illinois website, click the “**Medical**” button, select “**Find a Doctor or Hospital**” and then choose “**Behavioral Health.**” Or call **1-866-881-6800.**

For UnitedHealthcare Participants

To find an in-network provider, log in to benefitsaccess.org, select “**Health Details**” and click “**Go to UnitedHealthcare.**” On the UnitedHealthcare website, click on “**Find a Doctor.**” Or call **1-866-881-6800.**



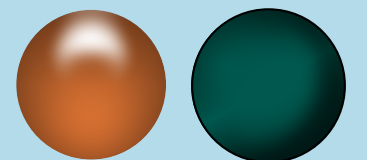
RethinkCare—No Cost



Learn the basics of mindfulness, self-awareness, cultivating healthy thoughts or yoga in a series of videos. The mindfulness video series helps you to calm and focus your mind and also teaches meditation basics. With the yoga basics videos, you choose the topic and length (10 or 20 minutes).

How to Use

Log in to your Virgin Pulse account at virginpulse.com/login or via the app, click on the “**Benefits**” tab and search RethinkCare at the top.



Journeys—No Cost

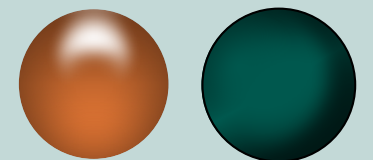


These self-guided courses are designed to help you build healthy habits. There are a variety of mental health-related Journeys to choose from that can help reduce stress, understand your moods and improve your sleep. Courses include:

- Choose a New Attitude
- Beat the Blues
- Stress Less in 10 Minutes
- Three Ways to Lower Stress
- Calm Your Mind for Sleep

How to Use

Log in to your Virgin Pulse account at virginpulse.com/login or via the app, click on the “**Health**” tab and select Journeys.



Track Healthy Habits— No Cost



You can record your progress as you work to add a new habit to your routine. Track habits that fit your mental and emotional health needs. Here are just a few:

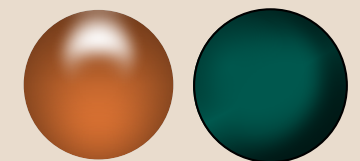
- **Self-Care:** Did you choose a self-care activity when you felt worried or stressed today?
- **Gratitude Journal:** Did you write down something you're thankful for today?
- **Change Your Mood:** Did you spot a down mood today and change directions to feel better?

How to Use on the Virgin Pulse App

Click on “**Healthy Habits**,” select “**Discover More**” click on “**Filter by Topic**” and then pick the habits you want to track.

How to Use on the Virgin Pulse Website

Click on “**Healthy Habits**,” select “**You're good at this! Want to add another Healthy Habit?**” and then pick the habits you want to track.



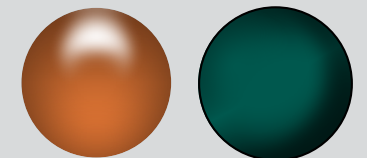
Live and Work Well Member Website— No Cost



Access resources, self-help guides, support tools for stress, depression, anxiety, grief and loss, and more on the Optum Employee Assistance Program website.

How to Use

Log in to your Virgin Pulse account at virginpulse.com/login or via the app, click on the “**Benefits**” tab and search **Optum Employee Assistance Program (EAP)**. After you click “**Start Now**” and enter the **Live and Work Well website**, use the search bar to find help with your concern.



Employee Assistance Program (EAP)— No Cost for 8 Sessions



Confidential counseling sessions with licensed professionals—Licensed Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists and psychologists—to help manage stress, anxiety, depression, substance use and more.

With HealthFlex you—as well as participants’ family and household members, including those not covered by HealthFlex—have access to eight free EAP sessions per concern per year with an in-network provider.

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If you prefer to see someone outside of the EAP network, you can use the behavioral health benefit at a cost.

