



Mental Health Resources

Your mental health is every bit as important as your physical health. As a HealthRIGHT360 employee, we encourage you to take advantage of the mental health resources available to you through our benefits program.



HR360 Medical Plan In-Network Mental Health Benefits

Our medical insurance providers are ready to help you get the support you need. With the Kaiser Permanente and Aetna networks of Behavioral Health providers (therapists, psychologists, psychiatrists), you can access your covered mental health benefits for short or long-term issues.

Medical Plan	Outpatient Visits	Inpatient Stays	Virtual Mental Health Visits
Kaiser Permanente HMO Base Plan	\$30 copay	30% after deductible	No charge
Kaiser Permanente HMO Buy Up Plan	\$15 copay	\$500 per admission	No charge
Aetna HMO Base Plan	\$30 copay	10% after deductible	\$30 copay
Aetna HMO Buy Up Plan	\$25 copay	\$500 per admission	\$25 copay
Aetna Open Access Managed Choice POS Plan	\$40 copay	10% after deductible	\$20 copay

Kaiser Permanente: 800-464-4000

Aetna 800-445-5299 (OAMC: 877-204-9186)



Kaiser Permanente



Aetna



Magellan Employee Assistance Plan (EAP)

Counselling: You have available to you, and any member of your household, a wide array of free, confidential resources for 24/7 help with healthy living, relationships, stress, depression, finances, legal issues, substance abuse, and much more! The EAP includes up to 8 sessions of counseling per year per issue, which can be obtained from a licensed counselor in the EAP network.

Betterhelp: The EAP also provides you with free access to confidential virtual therapy through Betterhelp. You can choose between text message, telephone, video, or chat visits. To get started, go to [Go to Betterhelp.com/Magellan](https://www.betterhelp.com/magellan).

Digital Emotional Wellbeing: Powered by NeuroFlow, the EAP provides you with free support to help strengthen your mind-body connection through activities and education or overall wellbeing. The program also includes multiple Digital Cognitive Behavioral Therapy (DCBT) modules and journeys.

Mental Wellness Apps for Kaiser Permanente Members

Kaiser offers two apps to help support your mental/emotional wellbeing:

- **Calm** is the #1 app for meditation, mental resilience, and sleep — designed to help lower stress, reduce anxiety, and more. Kaiser Permanente members can access all the great features of Calm at no cost, including fresh mindfulness themes each day, more than 100 guided meditations, sleep stories to soothe you into deeper and better sleep, and video lessons on mindful movement and gentle stretching.
- **Headspace Care** (formerly Ginger) is available to all Kaiser members at no cost for up to 90 days. The Headspace Care app offers immediate 1 on 1 support for coping with many common challenges such anxiety, stress, low mood, issues with work or relationships and more. You can text with a coach 24/7 to discuss goals, share challenges and create an action plan. Personalized interactive skill-building tools from a library of more than 200 activities are available.



Mental Wellbeing Services for Aetna Members

Aetna members have access to a wide array of mental health and wellness resources, both virtual and in-person. Scan the QR code to the left to access links and phone numbers. Aetna wellbeing resources include:

Resources for Depression, Anxiety and Mental Well-being Concerns

- **Array at Home:** For Aetna members ages 5+
- **Telemetrynd:** For Aetna members ages 5+
- **Alma Health:** For Aetna members ages 5+
- **Talkspace:** Therapy - for Aetna members ages 13+; Medication Management - for Aetna members ages 18+
- **CVS MinuteClinic:** For Aetna members ages 18+
- **Meru Health:** For Aetna members ages 18+
- **Brightside:** For Aetna members ages 18+

Specialty Treatment for Children and Adolescents

- **Equip Health:** For Aetna members ages 4 - 26
- **Vita Health:** For Aetna members ages 12+ (Note: Vita Health can provide support for Suicide Care (risk-reducing services and support))
- **Charlie Health:** For Aetna members ages 12 - 28 (Note: Charlie Health can provide support for serious mental health conditions)

Mental Health and Managing Chronic Medical Conditions

- **AbleTo:** For Aetna members ages 18+

Questions About Your Mental Health Benefits?

Reach out to Benefits@healthright360.org.