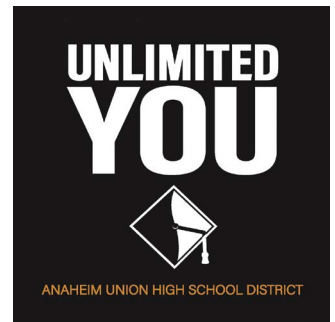



# AUHSD

EMPLOYEE HEALTH  
BENEFITS GUIDE TO



# Mental Health & Wellbeing Resources

	Anthem 						
	Your Medical Network			Employee Assistance Program (EAP)			
	EPO/PPO Medical Network	LiveHealth <sup>®</sup> ONLINE	Rula	Employee Assistance Program (EAP)	learntolive	talkspace	headspace
Available to all Employees	Anthem Members Only	Anthem Members Only	Anthem Members Only	✓	✓	✓	✓
24/7 Support	--	✓	--	✓	--	--	--
Employee Cost Share	✓	✓	✓	--	--	--	--
Text Coaching/ Therapy Capabilities	--	--	--	✓	✓	✓	--
Virtual Therapy Visits	--	✓	✓	✓	--	✓	--
Virtual Psychiatry Visits	--	✓	✓	✓	--	--	--
In-person Therapy Option	✓	--	--	✓	--	--	--
Crisis Support	--	--	--	✓	--	--	--

Even though the road ahead isn't always clear,  
you don't have to travel it alone.

At **AUHSD** we have developed partnerships to support the mental health and overall wellbeing of you and your loved ones. Since there are many options to choose from, we've created this brochure as a guide to help you navigate your choices.

## ■ Anthem's EPO/PPO Network



### Virtual or In-Person

For behavioral health providers, or for behavioral health facilities, you can:

[www.anthem.com/ca/find-care](http://www.anthem.com/ca/find-care)



Call the Member Services phone number on your Anthem insurance ID card



Search using **Find Care**, on the Anthem website or the Anthem Sydney mobile app



Connect through **live chat** on the Anthem Sydney mobile app

### Live Health Online

Your EPO or PPO medical plans allows access to therapy or medication management services through private and confidential video calls.

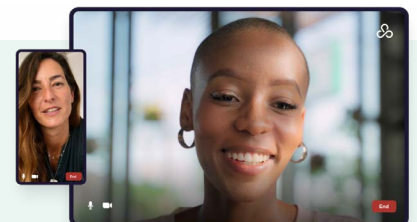


- » Sign up or login.
- » Select your therapist or psychiatrist.
- » Check availability and choose the time that works best for you.

[www.livehealthonline.com](http://www.livehealthonline.com)



Through Rula, AUHSD members can book a virtual therapy appointment with an in-network provider in less than 3 minutes and meet with their therapist in as little as 48 hours. Rula has a network of over 9,000 licensed providers representing more than 80 clinical specialties and a diverse range of backgrounds, making it easy to match with someone that specializes in you. Get started by visiting [rula.com/AUHSD](http://rula.com/AUHSD).



[www.rula.com/auhsd](http://www.rula.com/auhsd)

# Anthem's EAP Emotional Well-being FREE RESOURCES

## Employee Assistance Program (EAP)

Your EAP helps you address challenges ranging from finding care to dealing with legal issues, help with child/eldercare resources, financial consultations and more. Articles, podcasts and videos are available online. Create a personal login and take self-assessments to identify resources that are the best fit for you.

[www.anthemeap.com/auhsd](http://www.anthemeap.com/auhsd)



Over-the-phone crisis support by an Anthem licensed counselor is **available 24/7** - this does not count as part of your EAP counseling benefit. **Call 800-999-7222.**



Up to **3 free therapy sessions** per issue with an EAP licensed counselor – in-person or telehealth options.

## Learn to Live

From the EAP landing page scroll down to Self-paced Courses and Resources. Choose Emotional Well-being Resources.

Emotional Well-Being Resources can help you identify the thoughts and behavior patterns that affect your emotional well-being — and work through them with online programs and personalized coaching.

[www.anthemeap.com/auhsd](http://www.anthemeap.com/auhsd)



You'll learn effective ways to manage stress, depression, anxiety, sleep issues, and more.

 **learntolive**

## Talkspace

With Talkspace, you can regularly send text, audio, and video messages to a dedicated licensed therapist anytime, anywhere for ages 13+. Live sessions via chat, audio and video are also available. Talkspace is confidential and secure. Answer a few questions to get started. Talkspace will match you with a provider within a few days.

Go to **Connect with a Counselor – Anaheim Union High School District EAP | Anthem (anthemeap.com)** and enter “**EAP AUHSD**” in the Organization Name field to access your no-cost therapy sessions. Easily transition to your insurance coverage after exhausting your **EAP benefit**.

Use your Anthem insurance coverage for therapy or psychiatry (medication management).

[www.anthemeap.com/auhsd/connect-with-a-counselor](http://www.anthemeap.com/auhsd/connect-with-a-counselor)

 **talkspace**

## Live Health Online through EAP

Call EAP 24/7 (**800-999-7222**) and request a coupon code to access your no-cost therapy sessions. Use that coupon code each time you log in for your appointments until you have exhausted your EAP benefit. Easily transition to your insurance coverage after exhausting your EAP benefit.

[www.livehealthonline.com](http://www.livehealthonline.com)

**LiveHealth**<sup>®</sup>  
O N L I N E





## Suicide and Crisis Lifeline



**Dial 988:** The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. 24/7 chat is available at [988lifeline.org](https://www.988lifeline.org).

[www.988lifeline.org](https://www.988lifeline.org)

## Critical event support



If you or someone you are concerned about have been impacted by a critical event, **call your 24/7, toll-free EAP number, 800-999-7222**. Licensed clinicians are available 24/7 for over-the-phone support.

## Headspace for Educators

Through evidence-based meditation and mindfulness tools, mental health coaching, therapy, psychiatry, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.

[work.headspace.com/educators-ca/member-enroll](https://work.headspace.com/educators-ca/member-enroll)

