



*Your guide to* ● ● ● ●

# WHOLE PERSON HEALTH & WELLNESS

## *Take care of your mental health!*

[[CLIENT NAME]] encourages you not to forget about your mental fitness and wellbeing. Mental health is just as important as your physical health. Mental health wellness runs along a continuum—not everyone has the same needs. There are many different tools available to support you, wherever you fall on this continuum.



## SUPPORT NEEDED

### THRIVING

Access to preventive, supportive self-care tools

### SURVIVING

Access to supportive self-care tools and occasional intervention

### STRUGGLING

Access to self-care tools, online coaching, therapy, medication management

### IN CRISIS

Access to therapy, medication management, partial/inpatient hospitalizations, substance use rehab, emergency services

RESOURCE	THRIVING	SURVIVING	STRUGGLING	IN CRISIS
App-based preventive tools	✓	✓	✓	
Maven	✓	✓	✓	
Employee Assistance Program (EAP)		✓	✓	✓
Medical Plan (including MDLIVE)			✓	✓
Suicide Hotline (dial 988)				✓

# EMPLOYEE ASSISTANCE PROGRAMS

If you have any questions or concerns, please reach out to Human Resources:

- Email: [email@abccompany.com](mailto:email@abccompany.com)
- Call: 123.456.7890



## BetterHelp

BetterHelp is the largest online counseling platform worldwide; providing convenient, discreet and affordable access to a licensed therapist.

BetterHelp makes professional counseling available anytime, anywhere, through a computer, tablet or smartphone. You are eligible for this benefit if you are a full-time or part-time permanent employee who does not qualify for the Maven benefit (below) that also provides equivalent counseling services.

### GETTING STARTED

Eligible employees will have free access to BetterHelp for one month from the day you sign up (up to 4 sessions), and then a 30% discount thereafter for additional sessions.

[Click here to get started!](#)

## Maven's Parenting and Pediatrics program

Maven offers free, on-demand virtual care for parents of children up to 10 years old. Maven's program includes a large and diverse network of experts in maternity, parenting and early childhood development, including pediatricians, parenting coaches, mental healthcare providers, speech pathologists, special education advocates, occupational therapists, and child care consultants.

### GETTING STARTED

Members can video chat and text with these providers at any time at no cost. Maven's parenting and pediatrics program also includes practical content and resources to make the parenting experience less stressful. [We encourage you to activate your free Maven membership here.](#)

## The Hartford's Ability Assist Counseling Services

There is free access to the **Hartford's Ability Assist Counseling Services** for all [[CLIENT NAME]] employees. Ability Assist can guide you to support for emotional/ work-life situations (stress, anxiety, depression, relationship conflicts, substance abuse, etc.) among other resources.

The Guidance Experts listen to your concerns and refer you to in-person counselors and additional valuable resources. To speak with a Guidance Expert, please call **1.800.96.HELPS** (1.800.964.3577).

### GETTING STARTED

[Click here to access hundreds of personal health topics and resources.](#)

If you're a first-time user, click on the **Register** tab.

1. Organization Web ID: **HLF902**
2. Company Name: **ABILI**
3. Select Your Company: **Ability Assist Program**

## MyLife Emotional Wellness App

Download the award-winning emotional wellness app [MyLife. Stop, Breathe & Think](#) to your smartphone.

[Click here](#) to access the quick start guide and use the following code when registering: **ibxmindful**

## MDLIVE Telemedicine

If you are enrolled in a [[CLIENT NAME]] medical plan, you can talk to a medical professional for medical, behavioral health, and dermatological needs anytime, from anywhere in the U.S.

Skip the waiting room and use virtual care services from MDLIVE instead. When it's not an emergency, virtual care is fast, convenient, and affordable. MDLIVE has one of the largest virtual care networks in the U.S., with more than 1,800 licensed providers who are specially trained to treat you by phone, email, or video chat.

### VIRTUAL CARE SERVICES FROM MDLIVE

- **Telemedicine**  
Day or night, you can talk to a board-certified doctor who can treat non-emergency conditions, such as sinus pain, pink eye, earaches, sore throat, and flu. MDLIVE also provides pediatric telemedicine services for nonemergency conditions.
- **Telebehavioral health**  
With 24/7 scheduling access, as well as appointment availability on off hours and on weekends, you can have a confidential virtual care visit from home or wherever you may be. You get appropriate access to treatment for such conditions as anxiety, depression, and panic disorders.
- **Teledermatology**  
You might wait days, weeks, or even months for an appointment with a dermatologist. With MDLIVE teledermatology services, you'll get a diagnosis, treatment, and prescription (as needed) from a board certified dermatologist for more than 3,000 skin, hair, and nail conditions in an average turnaround time of 18 hours.

### DON'T WAIT UNTIL YOU NEED AN APPOINTMENT!

Activate your MDLIVE account now using your member ID number. There are several ways to do it:

- Text IBX to **635.483**
- Download the MDLIVE app on your smart device
- Visit [www.mdlive.com/ibx](http://www.mdlive.com/ibx)
- Call **1.877.764.6605**

## Nobu Mental Health App

Nobu is a **FREE** wellness app that will help you learn about mental health, set goals and track your progress against them. The app is a secure, stigma-free platform that is fully HIPAA-compliant and supplements current HR and employee assistance programs (EAPs). Many of the features are free to use and put on-demand mental health resources in the palm of your hands.

### GETTING STARTED IS EASY!

[Download the mobile app on your iOS or Android device.](#)

After you create your user name and password, you'll start your first Journey where you will learn about the Nobu features available to you.

