

Mental Well-Being and Behavioral Health Programs to Support YOU



There are many benefits available for you to get support in managing your mental well-being needs, including support for crises, life transitions, addiction, anxiety, depression, and stress. When you utilize the resources available to help you manage your mental health needs, and the needs of your family, you can work toward living a more fulfilled, purposeful life. We hope you will utilize the resources available to you.

	Mental Well-Being	Behavioral Health		
Providers	Calm App	Employee Assistance Program through MHN	LiveHealth Online	Eisenhower Medical Plan
Who is Eligible?	All Eisenhower employees – Up to 2,000 subscriptions	All Eisenhower employees and their family household members.	Employees and family members enrolled in the medical plan.	Employees and family members enrolled in the medical plan.
About	Calm is a mindfulness and meditation mobile app, providing you with 24/7 access to tools and resources to become a mentally stronger you. It can help you improve your well-being by promoting better sleep, reducing stress and anxiety, and developing more mindfulness. It will support you in living a more mindful, happy, fulfilled life.	MHN is here to support you in addressing personal/family issues, substance abuse, emotional problems and other concerns that impact your health, well-being, and job performance. Connect with licensed professionals face-to-face, via phone, or web-video technology. You can also access personal wellness coaching, legal consultation, financial consultation, identity theft assistance, dependent care assistance, and daily living tips.	When you're feeling stressed, worried, or having a tough time, LiveHealth Online is an easy, convenient way to see a therapist or psychologist in just a few days, virtually. When you connect with LiveHealth Online, you will be matched with a licensed professional and provided an appointment within 4 days.	The Eisenhower Medical PPO plan offers services to support mental health conditions. Mental health conditions are any disease or condition that constitutes a severe mental disorder and includes any serious emotional disturbances of a child.
Benefits Available	<ul style="list-style-type: none"> Premium version of the mobile app thru 2024 Meditation and breathing exercises Sleep stories Music and nature sounds Calm Body light stretching and exercises to relax your body and mind Masterclasses to learn about topics like creativity, peak performance, and mental training Calm Kids with lullabies, bedtime stories, and mindful meditation for kids No cost 	<ul style="list-style-type: none"> 24/7 access to tools, resources, and information online, or via telephone members.mhn.com; company code: eisenhower 3 annual face-to-face sessions with a licensed professional per incident 30-minute consultation sessions for support with legal matters, identity theft assistance, and dependent care assistance 60-minute consultation for personal financial and credit counseling No cost 	<ul style="list-style-type: none"> Unlimited telehealth sessions with a therapist or psychologist \$5 copay per telehealth visit 	<ul style="list-style-type: none"> Covered medical expenses and prescription drugs for the medically necessary treatment of mental health conditions, out-of-pocket cost varies Inpatient hospital services, including physician visits, and the services of a Residential Treatment Facility Partial hospitalization programs, including intensive outpatient programs and visits to a Day Treatment Center (outpatient) Physician visits in an office setting (outpatient) Physician visits (including online visits) and intensive in-home behavioral health programs for outpatient psychotherapy or psychological testing Outpatient prescription drugs
How to Access	Follow the instructions on IkeNet>Human Resources>Calm	<ul style="list-style-type: none"> 24/7 access to provider search, tools, resources, and information on members.mhn.com; company code: eisenhower Or call 800.227.8830 	<ul style="list-style-type: none"> Use the mobile app or go to livehealthonline.com Select LiveHealth Online Psychology and choose the therapist you'd like to see Or call 844.784.8409 from 7 a.m. to 11 p.m. You'll get an email confirming your appointment 	<ul style="list-style-type: none"> 24/7 access to provider search, tools, resources, and information on anthem.com/ca Or contact Keenan at 888.773.7215 or visit www.keenan.com/benefits/emc