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RESOURCES FOR A HAPPY, HEALTHY MIND

OFFERED BY DIVERSIFIED COMMUNICATIONS

IMMEDIATE SUPPORT

Call 888-238-6232 anytime, 24/7 for In-the-moment emotional well-being support

CONCIERGE HEALTH CARE ASSISTANT

Provides help with finding healthcare solutions that fit your needs, find network providers based on your medical needs, assist you in scheduling appointments and learning about your health plan's coverage. Chat with your concierge online (log in at www.aetna.com and use the chat feature) or by phone 1-855-586-6958 Monday through Friday 8am – 6pm.

COUNSELING

Access up to 10 free counseling sessions per calendar year through Resources for Living. Counseling sessions are available face to face or [online with tele video](#). Provides support for family issues, depression, anxiety, stress management and more such as finding summer programs for kids, parenting, adopting support, elder care and more. Contact 888-238-6232 or resourcesforliving.com user: divcom password: eap

ABLETO

National outpatient provider group that provides Aetna members with behavioral health support. 8 Week program focused on impact of behavior health on medical outcomes. Weekly 1:1 therapy sessions with board certified practitioners via video conference. Helps to identify barriers and creates a personalized treatment plan. Meet with same coach and therapist each week. Contact 844-330-3648 or visit AbleTo.com/Aetna

MD LIVE

Access to board certified psychiatrists, psychologists, therapists, or counselors – just like receiving treatment in an office setting, you will meet with the provider via video conferencing. These providers can help with non-emergency issues and can send prescriptions to your pharmacy. MD Live accepts patients ages 10+ in all 50 states and D.C. Call 855-824-2170 or visit www.MDLive.com/BHCOMM Monday through Friday 7am – 9pm; some providers may be able to offer weekend appointments. Bills your Aetna Insurance.

ARRAY ATHOME CARE

Access to board certified psychiatrists, psychologists, therapists, or counselors – just like receiving treatment in an office setting, you will meet with the provider via video conferencing. Accepts patients ages 5+ available in the following states: AL, AZ, CA, CO, DC, DE, FL, GA, IA, IL, KS, KY, MD, MI, MN, MO, MT, NE, NC, NH, NJ, NY, NV, OH, OK, PA, SC, TN, TX, UT, VA, WA, WI. Call 800-442-8938 or visit <https://InsightPortal.MahlerHealth.com/> 7 days a week 7am – 11pm. Bills your Aetna Insurance.



TELEMYND

Access to board certified psychiatrists, psychologists, therapists, or counselors –just like receiving treatment in an office setting, you will meet with the provider via video conferencing. Accepts patients ages 18+ available in all states EXCEPT: CO, DE, FL, IL, MO, NJ, NY, PA, SD, VA. Call 866-991-2103. Available Monday through Friday 9am – 9pm. Bills your Aetna Insurance.

RESTORE RESILIENCE

Free Program! Coaching with digital support. Restore Resilience is a personalized program with live coaches and an app providing you access anywhere at anytime. This program is designed to give you the help you need when you want it to further your own mental, emotional, and physical health journey. Once you join, you will be connected to a coach. You can text or call your health coach at the frequency you need. Visit www.restoreresilience.com/diversifiedcommunications to sign up.

MYSTRENGTH

Free Program! Offers tools to improve your emotional health and help you overcome depression, anxiety, stress, substance misuse and/or chronic pain.

MINDCHECK

Free online tool to help you focus on the positive. Your wellbeing barometer providing insight to your emotional health. Find next steps and resources. Builds awareness of your overall mental health. www.mindchecktoday.com

WELLNESS COACHES

Free online resource for articles, courses and tracking trends in your personal health.

MONTHLY LIVE & ON DEMAND WEBINARS AND NEWSLETTERS

[Log into Ultipro](#) and navigate to Myself>News & Information to access monthly newsletters and webinars.

WATCH THIS SHORT 8-MINUTE VIDEO

for an overview of the resources available through Aetna.