

# YOUR EMOTIONAL WELL-BEING MATTERS



Digital Resiliency	Peer Support	Mental Health Coaching	Telehealth	Short-term Counseling	Traditional Therapy/ Psychiatry	Virtual Therapy	Mental Health Maternity Support	Work-Life Services
<p><b>MindCheck</b></p> <p><b>Calm</b> Meditation</p> <p><b>MyStrength</b> Digital Resiliency</p> <p><b>Claremont EAP</b> Digital CBT Courses</p> <p><b>Positivity Center</b> Resource Library</p> <p><b>Tess AI Chatbot</b> Emotional Support</p>	<p><b>Prevention Cloud</b> In-person Peer Support Groups</p> <p><b>Claremont EAP</b> Virtual Peer Support Groups</p>	<p><b>Ginger</b> Text-based Coaching</p> <p><b>Prevention Cloud</b> Phone Coaching</p> <p><b>Claremont EAP</b> Phone &amp; Video Coaching</p>	<p><b>Teladoc</b> Phone or Video Therapy, Psychiatry, &amp; Counseling</p> <p><b>Kaiser</b> Virtual Primary Care</p>	<p><b>Healthy Lifestyle Coaching</b></p> <p><b>Claremont EAP</b> In-person &amp; Video Counseling</p>	<p><b>Behavioral Health Condition Management</b> Therapy &amp; Psychiatry (video visits may be available)</p> <p><b>Kaiser</b> Therapy &amp; Psychiatry (video visits may be available)</p>	<p><b>Teladoc</b> Phone &amp; Video Therapy &amp; Psychiatry</p> <p><b>Ginger</b> Video Therapy &amp; Psychiatry</p> <p><b>BetterHelp</b> Phone, Video, &amp; Text-based Therapy</p>	<p><b>Maven</b> 24/7 Virtual Care for Pregnancy, Postpartum &amp; Return to Work</p> <p><b>Kaiser</b> Emergency Maternity Mental Health Referrals</p>	<p><b>Claremont EAP</b> Dependent Care, Legal Assistance, &amp; Financial Consulting</p>

Available to ALL employees

Available to Kaiser Members

Available to Aetna Members

Your Benefits, Your Choice.  
You Matter, Be Healthy.

Start  
HERE

# YOUR EMOTIONAL WELL-BEING MATTERS



## Mental Health Resources

### PreventionCloud

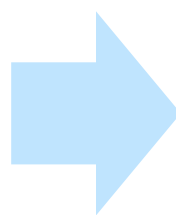
- **Employee Interest Groups** In-person Peer Support Groups
- **Mental Health Coaching** Phone Coaching focused on skill-building

### Aetna

- **MindCheck** Emotional Wellbeing
- **Healthy Lifestyle Coaching** Digital programs and support for stress, depression, sleep, and more

### Kaiser

- **Calm** Meditation
- **MyStrength** Digital programs and support for stress, depression, sleep, and more



## Short-Term Solutions

### Claremont EAP

- **Positivity Center** Online resources for resilience, mindfulness and meditation, gratitude, self-assessment, and more
- **Digital CBT Courses** Self-guided modules based on Cognitive Behavioral Therapy for stress, sleep, mindfulness, anxiety, and more
- **Tess AI Chatbot** 24/7 text-based emotional support
- **Peer Support Groups** Virtual peer support groups up to 10 sessions
- **WorkLife Services** Dependent care referrals, legal assistance, and financial consulting
- **Mental Health Coaching** Phone & video, skill-building coaching
- **Counseling** In-person & video counseling up to 5 sessions
- **BetterHelp** Phone, video, & text-based therapy

### Aetna

- **AbleTo** Private 8-week virtual coach and therapy sessions



## Long-term Solutions for Complex Issues

### Aetna

- **Ginger** Text-based coaching for skill-building, video therapy, and psychiatry
- **Teladoc** Phone or video therapy, psychiatry, and counseling
- **Behavioral Health Condition Management** In-person therapy & psychiatry (virtual visits may be available)
- **Maven** 24/7 virtual care for pregnancy, postpartum, & return to work

### Kaiser

- **Kaiser Virtual Care** Virtual primary care visits
- **Therapy & Psychiatry** In-person therapy & psychiatry (virtual visits may be available)
- **Maternity Support** Emergency maternity mental health referrals

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## PreventionCloud

### Employee Interest Groups

Visit [preventioncloud.com](https://preventioncloud.com) and select the “Events” tab to register for a group or take the health assessment to get started

### Health Coaching

## Claremont EAP (Powered by Uprise Health)

### Positivity Center

Visit [positivitycenter.org](https://positivitycenter.org) to access the resource library

### Digital CBT Courses

Visit [members.uprisehealth.com](https://members.uprisehealth.com), enter access code “Claremont” and take the health assessment to get started

### Tess AI Chatbot

Text “Hi” to 650-825-9634 and enter “Claremont” as your company name to opt-in

### Peer Support Groups

Call 800-834-3773 to register for an online support group

### Coaching

Visit [members.uprisehealth.com](https://members.uprisehealth.com), enter access code “Claremont” and take the health assessment to get started

### Short-Term Counseling

Call 800-834-3773 to make an in-person or virtual appointment or visit [members.uprisehealth.com](https://members.uprisehealth.com), enter access code “Claremont” and take the health assessment to get started

### BetterHelp

Call 800-834-3773 to access text-based therapy benefit

## Kaiser

### Calm

Visit [healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital](https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital) to access subscription

### MyStrength

Visit [healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital](https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital) to access resources

### Ginger

Visit [healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital](https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital) to access resources

### Therapy & Psychiatry

Call 650-627-1700 to make an appointment or get advice

### Maternity Services

Call 866-454-8855 to speak with an advice nurse

## Aetna (effective 1/1/2023)

### MindCheck

Visit [Mindchecktoday.com](https://Mindchecktoday.com).

### Aetna Healthy Lifestyle Coaching

Visit [Aetna.com](https://Aetna.com) or call 1-866-213-0153.

### Teledoc Mental Health

Visit [Teladoc.com/Aetna](https://Teladoc.com/Aetna) or call 1-855-Teladoc (835-2362).

### Behavioral Health Condition Management

For more information please call the number on the on your Member ID Card.

### Aetna Enhanced Maternity Program by Maven

Visit [MavenClinic.co/join/aetna](https://MavenClinic.co/join/aetna) or call 1-800-272-3531

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