

## **Mental Health Resources**

Effective September 1, 2024, the Real Help Hotline was terminated. See below for resources available to CU employees and their families.

Anthem – Talkspace + Additional Resources	
talkspace	<u>Talkspace</u> is an online mental health care service that offers therapy and psychiatry. To register, visit <u>talkspace.com/anthem</u> . <i>Sessions are subject to your applicable copay or</i> <i>deductible/insurance. After registering, complete the QuickMatch™ provider finder tool to</i>
Download Sydney Health today	review your best match provider. Schedule a live session or message right away. Use Anthem's <u>'Find a Doc' tool</u> to search behavioral health providers as well. <u>LiveHealth Online</u> is accessible through <u>Anthem's Sydney app</u> – LiveHealth Online provides telehealth services on behalf of Anthem. Download Sydney through the Apple app store or Google Play store. <u>Meru Health</u> is an online provider for greater mental health with remote clinicians (licensed therapists & psychiatrists), a smartphone-based treatment program, and an anonymous peer-support group.
Kaiser – Headspace + Additional Resources	
headspace •	Headspace is a science-based app that offers guided meditations and mindfulness.
Calm -	Calm app - Includes personalized content to manage stress and anxiety.
	For information regarding telehealth for mental health, visit <u>kp.org/getcare</u> . For information regarding other mental health resources, visit <u>kp.org/mentalhealth</u> .
Wellness Programs – Available to Eligible CU Health Plan Members	
🔊 omada	

 Online weight loss program for those at risk of chronic diseases. Omada offers integrated behavioral health support across chronic care programs. <u>Learn more about Omada.</u>

## oviahealth

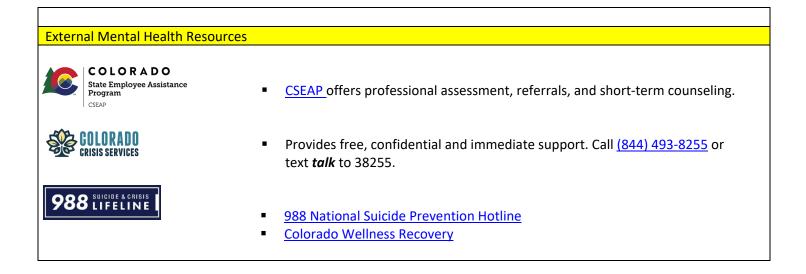
 Online family planning wellness program featuring three models for all journeys of family-planning, through parenthood. This program features support for topics including fertility health and wellness, postpartum care, and provides information about how to seek mental health support for those who need it.
Learn more about Ovia Health.



Online sleep improvement program scientifically proven to work. Members start by taking a quick sleep quiz at sleepio.com/cuhealthplan to discover their Sleep Score and receive a sleep tip you can try tonight. For members needing more help, during the online sessions you'll learn how to establish a healthy sleep pattern through science-based cognitive and behavioral techniques. Learn more about Sleepio.

## **WONd1** HEALTH

 Clinically proven to improve employee health outcomes, Wondr is an online program that offers a complete health program for weight loss, stress management, and more. <u>Learn more about Wondr.</u>



## LAST UPDATED: SEPTEMBER 2024

