



UNIVERSITY OF RICHMOND

A Partnership between Human Resources and Health Promotion



Explore Behavioral Health Well-Being Resources to Improve Your Quality of Life

(Available to all employees)

(Available to all employee, dependents and household members)

(Available to all employees and dependents on the medical plan)

University of Richmond's Onsite Behavioral Health Counselor	University of Richmond's Well-Being Center	Employee Assistance Program (EAP)	Talkspace	Managing Stress Toolkit
Virtual appointments available to start. Onsite appointments can be scheduled in June at the University of Richmond June at the University of Richmond (Available to all employees 363 College Rd 804-240-8628)	Onsite at the University of Richmond (Available to all employees 363 College Rd 804-289-8200)	Call 1.877.622.4327. Telecommunications Device for the Deaf/ TeleTYewriter users call 877.486.2048 or 711. Connect through <a href="http://myCigna.com">myCigna.com</a> Employer ID: Richmond (For initial registration) To use Talkspace with your EAP benefit go to <a href="http://talkspace.com/EAPCigna">talkspace.com/EAPCigna</a> to register and create an account, then download the Talkspace app	Visit <a href="http://myCigna.com">myCigna.com</a> , go to "Find Care & Costs" and enter "Virtual counselor" under Doctor by Type. Go to <a href="http://www.talkspace.com/cigna">www.talkspace.com/cigna</a> to schedule an assessment. To use Talkspace with your EAP benefit go to <a href="http://talkspace.com/EAPCigna">talkspace.com/EAPCigna</a> to register and create an account, then download the Talkspace app.	Visit <a href="http://Cigna.com">Cigna.com</a>
The Onsite Behavioral Health Counselor will assist employees and students in an environment to support, foster and grow both personal and professional well-being. Confidential, private counseling services at the worksite each week. Onsite Behavioral Health Counselor will assist employees maneuver the EAP program and deliver a deeper level of engagement. Management consultation and training support. In addition, your Onsite Behavioral Health Counselor may serve as a local resource for: > Critical incident stress management services (natural disasters, employee deaths and disruptive events) > EAP wellness seminars and participation in wellness events. (Onsite Behavioral Health Counselor could be located at different locations throughout the University of Richmond)	The Well-Being Center plays a critical role in the health and well-being of our campus community. It is a comprehensive and integrated facility that provides employees and students an environment to support, foster and grow both personal and professional well-being.	Get up to 4 face-to-face (or virtual) sessions, per issue (which means each different concern can get 4 separate FREE sessions), per member, per year with a dedicated, licensed counselor at no cost to you.  Start by calling or using live chat to get a referral. Get assistance with relationships, parenting, behavioral health, substance, stress management and more.	Customers can utilize their behavioral benefits to virtually connect with a Talkspace licensed therapist via live video and private texting as well as access to online resources via the Talkspace app. The platform is fully HIPAA-compliant.  Talkspace treats a wide range of behavioral conditions including stress, depression, anxiety, relationships, PTSD, grief, addiction, eating disorders and more. Services available for ages 13 and above.  Customers need to go to the Cigna specific Talkspace link ( <a href="http://talkspace.com/cigna">talkspace.com/cigna</a> ) to schedule an assessment.	Go to Individuals and Families > Health and Wellness > Stress Management Toolkit

Changing Lives by Integrating Mind and Body (CLIMB)	Veterans Support	Behavioral Awareness Series Support	Ginger	Meru Health
Visit <a href="http://Cigna.com">Cigna.com</a>	Visit <a href="http://Cigna.com">Cigna.com</a>	Visit <a href="http://Cigna.com">Cigna.com</a>	Visit <a href="http://myCigna.com">myCigna.com</a> . Go to "Find Care & Costs" and enter "Virtual counselor" under Doctor by Type. Download the free Ginger app and visit <a href="http://ginger.com/cigna">ginger.com/cigna</a> to learn more.	Visit <a href="http://myCigna.com">myCigna.com</a> , go to "Find Care & Costs" and enter "Virtual counselor" under Doctor by Type. Go to the Cigna specific Meru Health site ( <a href="http://www.meruhealth.com/cigna">www.meruhealth.com/cigna</a> ) to schedule a free screening session.
The CLIMB program helps to incorporate mindfulness and stress management in your everyday life. Learn to live more fully in the moment using our mindfulness and stress management podcasts. They are available in English and Spanish.  Go to Individuals and Families > Health and Wellness > Changing Lives By Integrating Mind and Body (CLIMB) stress management podcasts	Go to Individuals and Families > Health and Wellness > Military and Veteran Resources	Free monthly seminars on topics including autism, eating disorders, substance use, children and families.  Go to Individuals and Families > Health and Wellness > Mental Health	Ginger offers confidential mental healthcare through behavioral health coaching via text-based chats, self-guided learning activities and content, and, if needed, video-based therapy and psychiatry. Coaches can help with any issue you're struggling with such as stress, anxiety, depression, issues with work, relationships, sleep, and more.	Meru Health offers a 12-week virtual counseling program for people suffering from depression, anxiety or burnout.  The program includes live virtual counseling with a licensed therapist as well as private texting. Meru's app also offers access to an online peer support community educational resources. Ongoing check-ins available as needed. For ages 18 and above.

MDLIVE	NOCD	MAP Health Management	iPrevail	Happify
<p>Visit <a href="http://myCigna.com">myCigna.com</a>, go to "Find Care &amp; Costs" and enter "Virtual counselor" under Doctor by Type. Go to <a href="http://www.MDLIVE.com">www.MDLIVE.com</a> or call 888.726.3171</p>	<p>Visit <a href="http://myCigna.com">myCigna.com</a>, go to "Find Care &amp; Costs" and enter "Virtual counselor" under Doctor by Type. Go to <a href="http://treatmyocd.com">treatmyocd.com</a> to get started and to sign up for a free assessment</p>	<p>Visit <a href="http://myCigna.com">myCigna.com</a>, go to "Find Care &amp; Costs" and enter "Virtual counselor" under Doctor by Type. Or call 844.627.1449 to get started.</p>	<p>Go to <a href="http://myCigna.com">myCigna.com</a> for more details.</p>	<p>Sign up and download the free app <a href="http://happify.com/Cigna">happify.com/Cigna</a></p>
<p>MDLIVE offers online video conferencing by smartphone, tablet or computer. Licensed counselors, board-certified doctors and psychiatrists can diagnose, treat and prescribe most medications for non-emergency medical and behavioral conditions.</p> <p>Please refer to your plan documents for the cost of an MDLIVE visit.</p>	<p>NOCD offers virtual live therapy, and app-based digital tools, for the treatment of obsessive compulsive disorder (OCD) via Mindfulness and Exposure Response Prevention (ERP) therapy – a treatment commonly used to help those with OCD.</p> <p>Most users experience a significant reduction in symptoms in eight weeks. For ages 6 and up.</p>	<p>Peer Recovery Support - MAP Care Solutions offers certified peer recovery support specialists to help individuals achieve &amp; sustain long-term recovery from substance use disorder.</p> <p>24/7 web based and phone support available for Cigna behavioral customers, including family members. For ages 13 and above.</p>	<p>iPrevail offers on-demand peer coaching and personalized learning. iPrevail provides tools and support to help you manage and control your thought patterns and emotions, with the goal of improved relationships and a happier and stronger you.</p>	<p>Happify offers a free app with science-based games and activities that are designed to help defeat negative thoughts, gain confidence, reduce stress and anxiety.</p> <p>Happify's activities and games are designed to help overcome life's challenges and can be accessed at anytime.</p>

Sondermind	Find a Provider on myCigna.com	Lifestyle Management Programs	Condition Support Coaching	My Health Assistant
<p>Visit <a href="http://myCigna.com">myCigna.com</a>, go to "Find Care &amp; Costs" and enter "Virtual counselor" under Doctor by Type.</p>	<p>Visit <a href="http://myCigna.com">myCigna.com</a>.</p>	<p>Call 800.Cigna24 or 855.246.18736 or visit <a href="http://myCigna.com">myCigna.com</a></p>	<p>Call 800.Cigna24 or 855.246.18736 or visit <a href="http://myCigna.com">myCigna.com</a></p>	<p>Visit <a href="http://myCigna.com">myCigna.com</a> to enroll online, visit <a href="http://myCigna.com">myCigna.com</a> &gt; Wellness &gt; My Health Assistant</p>
<p>SonderMind connects you directly to licensed therapists based on your unique needs.</p> <p>Get matched with a local therapist today for online video or in-person therapy sessions.</p>	<p>Go to <a href="http://myCigna.com">myCigna.com</a> log in then click doctor by type, doctor by name or reason for visit</p>	<p>Work with a coach to set personalized goals to manage weight, stress, or quit tobacco.</p>	<p>Work with a coach to set personalized goals to improve your health or manage a chronic condition.</p> <p>Support is available for a variety of topics:</p> <ul style="list-style-type: none"> <li>&gt; Mental Health (depression, anxiety, bipolar disorder.)</li> <li>&gt; Sleep issues</li> <li>&gt; Low back pain</li> <li>&gt; High blood pressure</li> <li>&gt; COPD and asthma</li> <li>&gt; Heart failure</li> <li>&gt; Physical activity</li> <li>&gt; Nutrition</li> </ul>	<p>My Health Assistant assists employees and dependents with online coaching powered by WebMD. It's fun and motivating and can help you reach big health and wellness goals in small, easy-to-do steps.</p> <p>My Health Assistant breaks down goals into smaller manageable steps:</p> <ul style="list-style-type: none"> <li>&gt; It's designed using methods for positive behavior change</li> <li>&gt; Goals can be repeated or new ones selected to support healthy habits</li> </ul>

