

# BEHAVIORAL HEALTH RESOURCES



We encourage you to take advantage of the help and resources available to us through our Standard Insurance Company Employee Assistance Program and through Anthem, our medical carrier.

## Standard Insurance Company

- Standard Insurance Company Employee Assistance Program is available to ALL full time employees eligible for our health benefits and is confidential and at no cost to you.
- You, and your dependents (including children to age 26) and all household members can contact master's-degreed clinicians 24/7 by phone, online, live chat, email and text. Receive referrals to support groups, a network counselor, community resources or your health plan. Our program also includes up to three face-to-face assessment and counseling sessions per issue.
- **Interested in speaking to a clinician?** Call 888-293-6948.
- **Interested in reviewing the online resources available to you?** Visit [workhealthlife.com/Standard3](https://workhealthlife.com/Standard3) to explore a wealth of information online, including videos, guides, articles, webinars, resources, self-assessments and calculators.

## Anthem

- Anthem behavioral health services are available to covered **Anthem members only**.
- Licensed counselors and psychiatrists can diagnose, treat, and prescribe most medications for non-emergency behavioral/mental health conditions. In-person appointments can be scheduled by locating an in-network provider and contacting them directly.
- Under our Anthem medical plans, an in-network behavioral/mental health office visit is the same member cost-share as a Primary Care Provider (PCP) office visit.
- Anthem members can also access care anywhere via phone or video, 24/7/365, with Anthem's national telehealth program, LiveHealth Online.
- **Interested in virtual care with LiveHealth Online?** Go to [www.livehealthonline.com](https://www.livehealthonline.com) or download the LiveHealth Online mobile app.
- **Need assistance accessing care?** Call the number on the back of your Anthem ID card 24/7.

*If you have any questions on accessing behavioral health benefits, please reach out to the Client Service Team at CORE Benefit Solutions at [clientservices@corebenefitsga.com](mailto:clientservices@corebenefitsga.com).*

*Disclaimer: Information in this document is not intended to constitute as a health benefits summary and should not replace advice from your medical professional. It also does not serve as legal or tax advice.*