

Mental Wellbeing Benefits

MEDICAL PLAN BENEFITS

Behavioral health benefits, such as mental health and substance misuse benefits, are available for employees and family members enrolled in Beck's medical plan. The cost for an office visit with a mental health provider depends on the medical plan you are enrolled in.

- **Surest Medical Plan:** \$10 copay (in-network)
- **HSA Medical Plan:** \$0 after annual plan deductible is met (in-network). Provider office visit costs will vary. Log in to myuhc.com to check provider costs.

To locate an in-network behavioral health provider:

- **Surest plan members:** log in to benefits.surest.com, click on "Find Care" and search for "Behavioral Health Therapy."
- **HSA plan members:** log in to myuhc.com and click on "Find Care & Costs" and then "Behavioral Care Providers."

IMPORTANT! When using out-of-network providers, pre-authorization is required prior to receiving mental health benefits. Failure to do so will result in a reduction of benefit coverage. Call the number on the back of your medical ID card and ask to speak with someone about pre-authorization for out-of-network mental health providers.

VIRTUAL CARE FOR MENTAL HEALTH

If you are struggling with issues like stress, depression, anxiety or just want to talk to someone, you can reach a therapist or psychologist from the comfort of your own home. A virtual visit lets you see and talk to a therapist or psychologist from your mobile device or computer without an appointment. You can elect to meet right away or at a later time. If you find a therapist you like, you can set up recurring appointments with them.

For more information on virtual visits, refer to the Virtual Visits section of this guide.

TALKSPACE

Talkspace is an in-network provider on both Beck medical plans. You will be matched with your own licensed, verified and background-checked therapist. Schedule regular times to talk, send unlimited messages, or set up a video chat. Rates are paid weekly. Couples and teen therapists available.

- **Surest Medical Plan:** \$10 copay
- **HSA Medical Plan:** \$0 after annual plan deductible is met

Visit talkspace.com and select Optum for insurance.

GALILEO HEALTH

Galileo Health connects you licensed clinicians by phone or video — no waiting room, no referral needed. It's your go-to medical practice for just about any condition or concern, including mental health support.

- **Surest Medical Plan:** \$0 copay
- **HSA Medical Plan:** \$0 cost (no deductible needed)

To get started, log in to your UnitedHealthcare or Surest account, click on Find Care > Virtual Care/Visit > Virtual Primary Care.

CALM HEALTH

Employees and spouses enrolled in Beck's medical plans have free access to Calm Health. The Calm Health app brings you a library of support — including mindfulness content and programs created by psychologists — for a variety of health experiences and life stages.

- Find tools, music and sounds to help you meditate and improve focus
- Join self-guided self-care programs, and track your progress along the way
- Access support to help you strengthen your mind-body connection and wellbeing

To get started, scan the QR code for the medical plan in which you are enrolled and follow the prompts to access Calm Health. Contact BeWell@beckgroup.com if you have issues setting up your Calm Health account.



HSA Medical Plan



Surest Medical Plan



Support for Your Mental Wellbeing

Beck's BeWell benefit, offered through Magellan, provides free support to you and your entire household. Take advantage of these support services.

BETTERHELP

Mental health affects every aspect of our lives, and it's important to pay attention to your wellbeing. Through Beck's BeWell benefit, in partnership with Magellan, you have access to confidential virtual therapy, provided by BetterHelp. You have 8 free sessions per issue, per year. Counseling is available for your entire household — individuals, couples, and teens (with parental consent and in accordance with applicable law and clinical appropriateness).

You can choose from one of four modalities:

- Text messaging exchange over a week
- Live phone session
- Live video session
- Live chat session

You can also toggle between modalities while in therapy. For example, you can choose to chat with a therapist online one week and schedule a video session the next week.

Go to BetterHelp.com/Magellan and click on "Get Started." (Employer Name: The Beck Group).

COUNSELING & WELLBEING COACHING

No matter where you are on your journey, there are times when a little help can go a long way toward achieving your goals. From checking off daily tasks to working on more complex issues, Beck's partnership with Magellan offers you counseling & life coach services to help make your life a little easier.

Key features:

- Provided at no cost to you and the members of your entire household
- Up to 8 counseling sessions per issue, per year
- Up to 6 wellbeing coaching sessions per year
- Completely confidential service provided by a third party

Counseling:

Access a nationwide network of licensed counselors for support with challenges such as stress, anxiety, grief, substance misuse, relationships, parenting, and more. Counseling is confidential and available in-person, by text message, chat, phone, or video conference.

Wellbeing Coaching:

Define and reach your goals with the support of a coach. Coaches can help with personal improvement, healthy eating, weight loss, and more. Coaches are available by phone or video.

Visit member.magellanhealthcare.com to browse all of the services available (Organization Name: The Beck Group).

