

CERTIFICATED EMPLOYEES

Mental Health Resource Guide

GuidanceResources® Employee Assistance Program (EAP) (provided by ComPsych)

ELIGIBILITY	DESCRIPTION	COST	ACCESS
All certificated employees and family members	Free, confidential counseling for family/relationship problems, workplace concerns, financial or legal problems, stress, depression, anxiety, grief and loss, and more; medical plan enrollment not required	No cost; number of visits determined by EAP provider	1-888-297-9028 guidanceresources.com User Name: MNPS Password: EAP

Cigna Medical Plan behavioral health & substance abuse benefits

ELIGIBILITY	DESCRIPTION	COST	ACCESS
Certificated employees and dependents*	Care for behavioral health and/or substance abuse concerns provided through primary care office visits, outpatient therapy (individual and group) and inpatient treatment through Cigna's provider network; out-of-network benefits available	Office visit: \$0 Outpatient/inpatient: you pay \$0 in-network	Search for network providers at myCigna.com (Open Access Plus plan)

Onsite Behavioral Health Services (provided at the MNPS Employee Wellness Center at Berry Hill)

ELIGIBILITY	DESCRIPTION	COST	ACCESS
Certificated employees and dependents*	Our behavioral health NPs can assist with stress, anxiety and depression, grief and other emotional problems, relationships, substance use, and can offer medication management and prescribe when needed. Our psychologist can help with ADHD, autism spectrum disorder, learning disabilities and career assessment.	No cost	Call 615-259-8755 for an in-person or telehealth appointment

Connect with Karla (behavioral telehealth provided by Synchronous Health)

ELIGIBILITY	DESCRIPTION	COST	ACCESS
Certificated employees and adult dependents*	Smart-phone-based resources that include access to: <ul style="list-style-type: none"> • Live licensed counselors via a telehealth app (individual and group counseling) • A virtual assistant named Karla® who will monitor your living environment and deliver encouragement, education and support when you need it • Skill-building activities and exercises 	No cost	www.sync.health/mnps

* Covered by the Certificated Employee Health Plan

Mental Health Resource Guide ...continued

ELIGIBILITY	DESCRIPTION	COST	ACCESS
Happify (by Cigna)			
Certificated employees and dependents*	Online program/mobile app helps you resist negative thoughts, cope with stress, overcome insecurities and gain self-confidence. Science-based activities help you become more positive in your daily life.	No cost	myCigna.com
iPrevail (by Cigna)			
Certificated employees and dependents*	Online program/mobile app pairs you with a trained specialist who has faced his/her own challenges with depression, substance abuse or other behavioral health issues. You'll get personalized learning plans based on proven cognitive behavioral therapies.	No cost	myCigna.com
Cigna Healthy Pregnancies, Healthy Babies® program			
Certificated employees and spouses/partners*	Helps you and your baby stay healthy during your pregnancy and in the weeks following birth. You'll get live telephonic support from nurses who are available to answer your questions anytime, day or night. You'll also have access to a library of maternity resources and tools that help you track your pregnancy week by week. (Covered children can participate but cannot earn cash incentive.)	No cost; if you complete the program, earn \$500 if you enroll in your first trimester or \$250 in your second	1-800-615-2906 MNPSBenefits.org /hphb
Stress management course/MBSR			
Certificated employees	MNPS partners with Vanderbilt's Osher Center for Integrative Medicine to offer mindfulness-based stress reduction (MBSR) courses. This 9-week course includes guided meditation, gentle yoga, group discussions and home assignments.	No cost	MNPSHealth.org/ mindfulness
Cigna Health Advocates			
Certificated employees and dependents*	Telephonic coaching on anxiety, depression and more	No cost	1-877-459-9896 myCigna.com
Cigna Lifestyle Management Programs®			
Certificated employees and dependents*	One-on-one telephonic coaching on stress management, weight management and tobacco cessation; evening and weekend hours	No cost	1-877-459-9896
Cigna My Health Assistant®			
Certificated employees and dependents*	Online coaching on nutrition, exercise, losing weight, managing stress, maintaining a positive mood and more; powered by WebMD	No cost	myCigna.com; Wellness tab
Professional development (self-care)			
Certificated employees	In this full-day session, you'll learn from a variety of health care professionals how to practice self-care, maintain spine and structural health, improve balance and flexibility through yoga, and explore self-awareness and social/emotional learning for teachers. Get to know the many services available through the Employee Wellness Center.	No cost	HCM Learning on MNPS Sharepoint

* Covered by the Certificated Employee Health Plan