

Mental Health Benefits

HealthFlex Services for your Emotional Well-being

- Employee Assistance Program
- Behavioral Health via the HealthFlex Medical Plan
- Virgin Pulse

Employee Assistance Program

- Short-term confidential counseling and support to help manage concerns in your personal or professional life.
- Optum – A dedicated EAP team with training on unique needs of the Church
- No additional cost to access these benefits.

Employee Assistance Program

- Who can participate?
 - Clergy covered under HealthFlex
 - Spouse and dependents even if not covered under HealthFlex
- How do I sign up for services?
 - [Through the Virgin Pulse App](#)
 - By calling 1-866-881-6800
- Why is this program valuable?
 - 8 free sessions per issue per family member per year

EAP - Talkspace

- [Talkspace](#) allows you to text or video chat with a licensed therapist when it's convenient for you. You can use your 8 free EAP sessions to access Talkspace.
- Contact the Optum EAP at 1-866-881-6800 and request a Talkspace authorization code. Visit talkspace.com/connect. Under "Use my Employee Assistance Program (EAP)," click "Get Started." Fill out your basic information. Type Wespath in the "Organization name" field.

Behavioral Health

HealthFlex treats in and out-of-network behavioral health claims the same. To obtain this benefit:

- If you already have a provider and they are in-network with UHC—just give them your UHC ID card.
- Out-of-network—you may need to submit your own claims. Obtain a Super Bill from your provider. Go to [Benefits Access](#) > **Health Details** > **Medical and Behavioral Health** > Click **Go to UnitedHealthcare**. Under **Claims & Accounts**, select **Submit a Claim**, then select **Mental Health Claims** and follow the prompts from there. You can:
 - Complete the requested information and submit your claim online OR
 - Download and print a paper claim form and mail to: Claims Processing
P.O. Box 30755 Salt Lake City, UT 84130-0755

Behavioral Health -2023

Services	H1500 with HSA	H2000 with HSA	H3000 with HSA	C2000 with HRA	C3000 with HRA	B1000
Behavioral Health Office and Telehealth Visits, Including MDLIVE Behavioral Health <ul style="list-style-type: none"> • Psychiatrist • Psychologist • Other mental health professionals 	Plan pays 80% after deductible	Plan pays 70% after deductible	Plan pays 40% after deductible	Plan pays 80%; do not need to meet deductible	Plan pays 50%; do not need to meet deductible	\$15 co-payment, then plan pays 100%
In-network benefit level applies even if provider is not in network.						

- **In-network:** the therapist accepts HealthFlex
- **Not in network:** the therapist doesn't accept HealthFlex or any insurance.

Behavioral Health -2024

Services	NEW H2000 with HSA	H2500 with HSA	H5000 with HSA	C2000 with HRA	C3000 with HRA	B1000
Behavioral Health Office and Telehealth Visits (not using MDLIVE) <ul style="list-style-type: none"> • Psychiatrist • Psychologist • Other mental health professionals 	Plan pays 80% after deductible	Plan pays 70% after deductible	Plan pays 100% after deductible	Plan pays 80%; do not need to meet deductible	Plan pays 50%; do not need to meet deductible	\$15 co-payment, then plan pays 100%
In-network benefit level applies even if provider is not in network.						

Behavioral Health vs. Employee Assistance Program

Behavioral Health

- Ongoing support for anxiety, depression, coping needs, etc.
- Same outpatient office visit benefit regardless of network status

Employee Assistance (EAP)

- Short term assistance
- Up to 8 visits
- Transition into behavioral health if concern persists
- Must use in-network provider

[Interactive Guide to Know When to Use Behavioral Health Benefits vs EAP](#)

Virgin Pulse – Health Coaching

- Get personal support by connecting with an experienced professional to talk about mental health concerns such as anxiety and depression. Together, you will craft a personalized plan to help you meet your goals.
- [Log in to your Virgin Pulse Account > Health tab > Coaching](#)
- More details about [Health Coaching through Virgin Pulse](#)

Virgin Pulse – Journeys and Healthy Habits

- Journeys are daily, self-guided courses to help you build healthy habits through small steps in just minutes a day through tactics like gamification and small win recognition.
- Content covers lifestyle and condition topics. The information is certified and regularly reviewed for accuracy, tone and readability.
- [Log in to your Virgin Pulse Account > Health tab > Journeys](#)

Mental Health Resources

- [Psychology Today](#) – allows you to search for therapists in your zip code. You can filter by insurance type accepted, issues addressed, and faith orientation.
- [Low-Cost Counseling Services](#)
- [Crisis Resource Phone Numbers](#)
- [Alcoholics Anonymous/Narcotics Anonymous](#)
- [Georgia Department of Behavioral Health](#)
- [Mental Health Podcasts](#)

Marriage Resources

- [Better Marriages of Georgia](#) Marriage Enrichment
- Year-round retreats at [WinShape](#) at Berry College
- The Gottman Institute's [Couples Resources](#) – online classes
- University of Georgia's [Elevate for Couples Program](#) (free workshops)

Health And Wellbeing Contacts

- The Wespath Health and Wellness team can assist HealthFlex participants in many ways, such as:
 - Clarifying details about your benefit coverage,
 - Addressing questions about claims and directing you to the carrier's customer service representative, and
 - Answering other HealthFlex-related questions you may have.
- **Wespath Health Team – 1-800-851-2201, select option 2**
 - Business hours between 9am and 7pm, M-F