

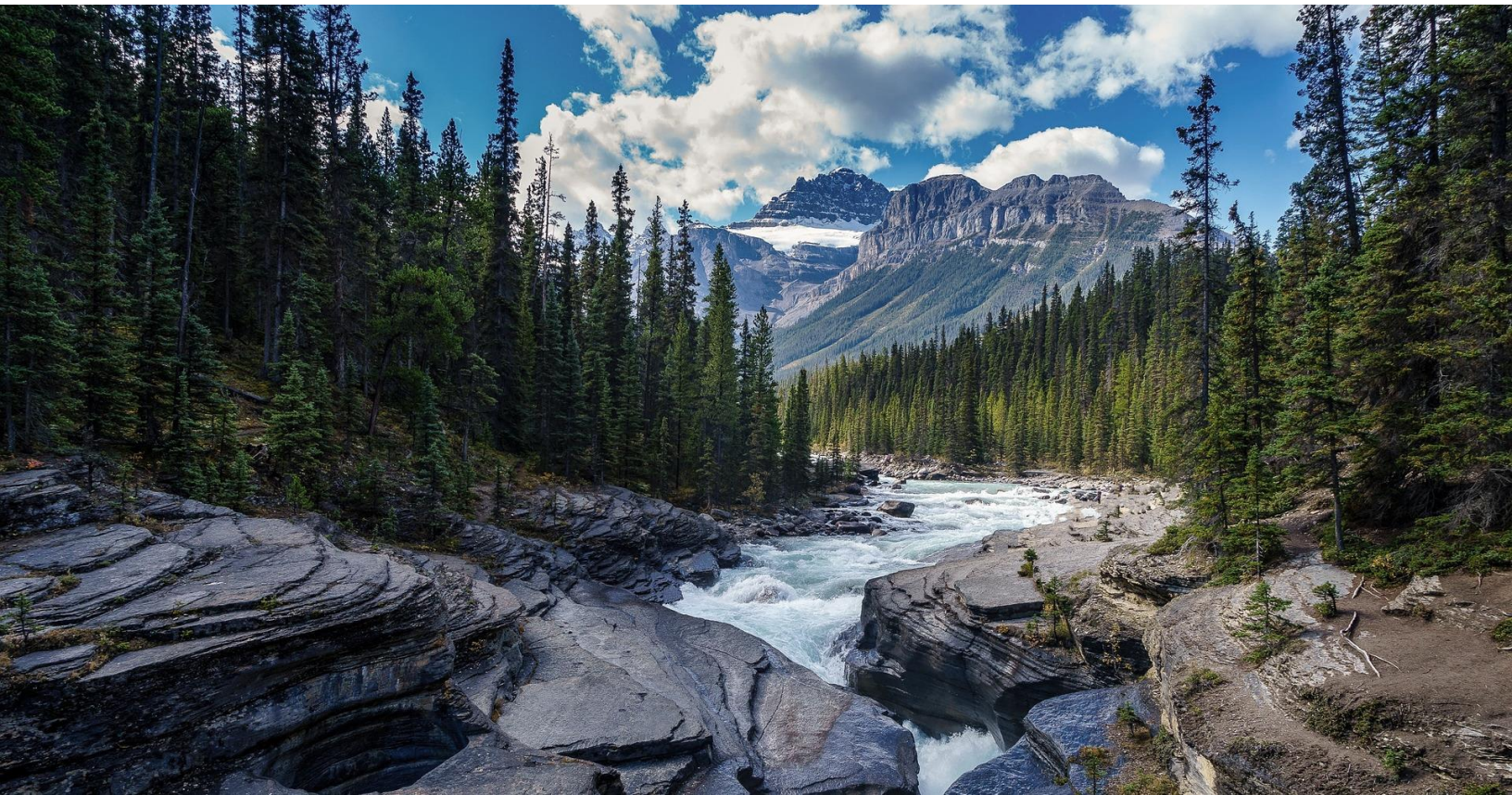
Mental Health Resource Guidebook

For Employees and their Families

January 2024



WHAT
YOU
WILL
FIND





Resources Available to All Nant Employees:

- Employee Assistance Program
- National Health and Emotional Health Services

Resources Available to All Nant Employees and Dependents enrolled through our Anthem Blue Cross Health Plan:

- Therapists and Psychiatrists
- LiveHealth Online
- myStrength Emotional Health
- Behavioral Health Case Management Programs
- Managing Stress



All Employees have access to 6 free counseling sessions.



How to Access:

All assistance is available 24 hours a day, seven days a week with confidential support, guidance, and resources.

Call **1-855-327-4463** or visit: <http://www.GuidanceResources.com>

You can sign up and register.
Organization Web ID: **Lincoln**
Company Name: **NantW**

Employee Assistance Program (EAP)

All Employees have access to our Employee Assistance Program (EAP) through Lincoln Financial by ComPsych. This no-cost, confidential assistance is available to you and your dependents and provides access to resources such as **six free counseling sessions*** or a referral to an attorney, care provider, or community resource. [Learn.](#)

The EAP can help you in locating referrals to resources for providers in your community. Consultations with an EAP provider include the following and more:

- Depression Management
- Stress Management/Anxiety
- Substance Abuse
- Weight Management and Tobacco Cessation Coaching
- Marital Conflict
- Child or Elder Care
- Family Conflict
- Financial or Legal Concerns
- Work-Life Resources
- Workplace Issues

Text Base and Virtual Therapy Options Available

*If services exceed, an in-network provider can be identified to assure continuity of care.



Available to:

All Employees and their Families.



Cost:

Calling our EAP is free, including up to six counseling sessions and access to online content.

Occasionally, services beyond those covered by the EAP will have a cost, and any costs associated with a service will be fully explained.



Access all Nant's benefits, plan designs, app links, and more through the [Nant Virtual Benefits Guide](#) anytime, anywhere.

National Health and Emotional Health Services



The National Alliance on Mental Illness <https://www.nami.org/>

The National Institute of Mental Health
<https://www.nimh.nih.gov>

The Depression and Bipolar Support Alliance
<http://www.dbsalliance.org/>

Screening Tools via Mental Health America
<https://screening.mhanational.org/screening-tools>

The National Suicide Prevention Lifeline

- Call 1-800-273-TALK (8255)
- Text "Connect" to 741741



If this is an emergency or you think you may harm yourself, please call 911.



How to Access:

Contact one of the helplines above.



Available to:

All Employees and their Families.



Cost:

No cost.



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Therapists & Psychiatrists

LiveHealth Online Psychiatry & Psychology

You can see a therapist online from the privacy of your home and get expert advice, a treatment plan and medication if needed.

Unlimited sessions available with the same provider.

When you log into www.livehealthonline.com, make sure the psychiatrists you see on the website are part of your plan. Make sure you select the state where you are to see the most current list of psychiatrists.



How to Access:

Online: Visit www.livehealthonline.com and sign up or log in. Once you've logged in, select **LiveHealth Online Psychology or Psychiatry** to schedule an appointment.

Mobile App: Download the free LiveHealth Online mobile app for the AppStore or on Google Play.

Phone: Call **1-888-548-3432** from 8am to 8pm, seven days a week.



Available to:

All Employees and Dependents enrolled through our Anthem Blue Cross Health Plan.



Cost:

\$0 Copay to all enrolled on our health plan.





How to Access:

Visit www.livehealthonline.com

- Download the mobile app.
- Confirm Benefits
- Complete Account
- Set up an account and then enter your Anthem card information. If you have questions, visit livehealthonline.com or call **1-844-784-8409**.

Access providers 24 hours a day, 365 days a year.



Available to:

All Employees and Dependents enrolled through our Anthem Blue Cross Health Plan.



Cost:

\$0 Copay to all enrolled on our health plan.

Virtual Behavioral Health

LiveHealth Online is the next-generation video telemedicine company, offering Employees live, secure, HIPAA-compliant, on-demand and scheduled video visits with U.S.-licensed providers able to write prescriptions, and most importantly available to you at no cost.

Mental Health Therapy

LiveHealth Online team of experienced, licensed psychiatrists and therapists are available 7 days a week, from the privacy of home. They can help with:

- Anxiety
- Depression
- Postpartum
- Relationships
- Trauma & Loss
- Screenings
- Insomnia



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You are here



How to Access:

Visit www.anthem.com/ca/mystrength

Remember to check back often. The more you know about taking care of your emotional well-being, the healthier and happier you can be.



Available to:

All Company Employees and dependents enrolled in our Anthem Health Plan



Cost:

\$0 Copay to all enrolled on our health plan.

myStrength

”How are you doing?”

It’s a standard greeting. And you might offer a quick “Fine, thanks,” in response. But when you know how you feel, you can improve your emotional health.

Your emotional health contributes to your overall health

Part of being healthy involves taking care of your feelings. For example, positive thinking is linked to health benefits that include:

- Faster recovery
- Better sleep
- Fewer colds
- Greater sense of happiness
- Longer lifespan

So how are you doing? myStrength online tools help you find the answer.

LOG INTO myStrength TODAY



Access all Nant’s benefits, plan designs, app links, and more through the [Nant Virtual Benefits Guide](#) anytime, anywhere.



Additional Resources

(click each tab to learn more)

[BEHAVIORAL HEALTH](#)

[LIVEHEALTH ONLINE](#)

[MANAGING STRESS](#)

[MYSTRENGTH](#)



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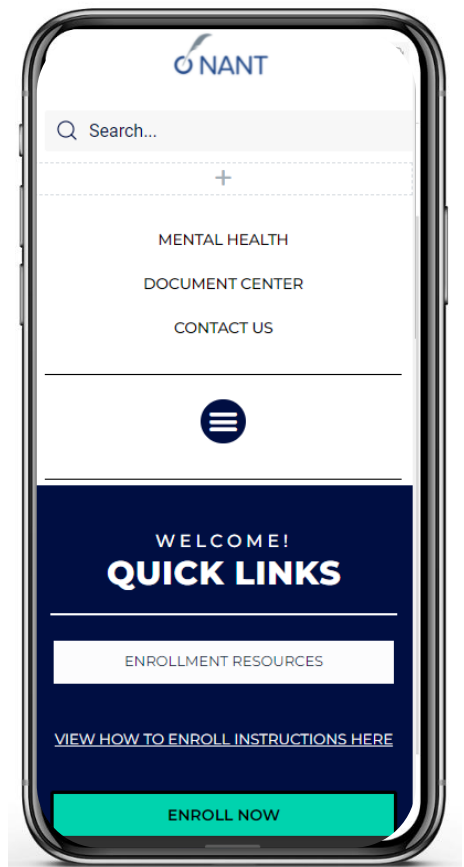
Additional Resources

Nant's Virtual Benefits Guide

Find all your benefits available through Nant, ID cards, apps, and phone numbers through the [Nant Benefits Portal](#). Save the app to your phone or tablet so it can be with you anywhere.

Click on the [Employee Assistance Program](#) icon for additional resources and tools to care for yourself and your family.

Scan the QR code to access Company's BenefitsGuide. To use the QR code, focus your iPhone or Android camera on the QR code.





Questions or Need Help? Contact HR anytime!