When you’re not sure where to start, we’re here for you.

**Emotional Wellbeing Solutions (EWS)**

- Benefit provided by your employer, with no need to enroll
- A place to start for in-the-moment support to get you through a challenging life event or everyday concern
- Provides referrals for personal, family or behavioral health concerns that may require clinical care
- Available for all household family members
- No-cost counseling and therapy visits are available, and the allowed number of visits refreshes for each new issue
- Does not include medication prescription coverage or management

- **Your EWS provides assistance for life’s challenges:**
  - Managing stress
  - Finding mental health and substance use support
  - Navigating family conflicts and relationships
  - Finding care and help for children or elders
  - Connecting with a financial coach
  - Accessing legal services and more

**Behavioral Health plan**

- Benefit provided if you enroll in your employer’s health insurance plan (part of the same plan that pays for your medical care)
- Accessed when there is a specific need for care (such as anxiety, depression, substance use, autism and more)
- Provides coverage for clinical treatment (such as talk therapy, in-patient treatment and more) for behavioral health concerns
- Available for covered employees as well as covered dependents
- Coverage for care (such as therapy, in-patient, etc.) is tied to health insurance plan benefits
- Can include medication prescribing and/or management

- **Your Behavioral Health plan is a health-related benefit that can help you:**
  - Connect to an extensive network of providers, whether you need short-term emotional support or ongoing treatment
  - Access covered care for specific diagnoses such as depression, anxiety or substance use
### Emotional Wellbeing Solutions (EWS)

+ **Your EWS benefit includes:**
  - **24/7 availability.** Get direct access to experienced consultants, 24/7, for personalized support.
  - **Confidentiality.** The information you share will remain confidential in accordance with the law.
  - **No extra cost.** As part of your benefits, your EWS is included at no extra cost.
  - **Family support.** Your EWS supports you and those in your household.
  - **Digital support tools and resources.** Find out what's recommended for you based on your needs at liveandworkwell.com.

+ **EWS provides up to 6 sessions either inperson or virtually for each issue or problemat no cost to you. After these visits, additional visits could be covered as a Behavioral Health benefit.**

+ **Your benefit renews each year.**

+ **Your employer will not be notified if you utilize EWS services.**

+ **Contact your EWS services by calling:**
  866-416-6586

### Behavioral Health plan

+ **Your Behavioral Health benefits include:**
  - **Quality care.** Choose from an extensive national network of mental health providers.
  - **Convenience.** Get support online with Virtual Visits.
  - **Personalized support.** Get an individually tailored treatment plan.
  - **Family support.** Your coverage supports you and your covered dependents.
  - **Digital support tools and resources.** Find out what's recommended for you based on your needs at liveandworkwell.com.

+ **Treatment is provided under insurance coverage and may have limitations based on policy benefits.**

+ **Services are subject to in-network and out-of-network fees, including deductible.**

+ **In-network services are negotiated for lower costs and fees and are reimbursed through your health plan. For out-of-network services, you may pay out of pocket but can submit for reimbursement.**

+ **Behavioral Health services are confidential in accordance with federal and state laws.**

+ **Contact your Behavioral Health plan by calling the number on the back of your insurance card.**

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**To learn more about the specific EWS and Behavioral Health benefits available to you, visit liveandworkwell.com. Log in with your HealthSafeID™ or company access code: YaleSB**

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