

## Mental Health Package

### Virtual Therapy & Mental Wellness Resources



Benefits are available to you and your immediate family

### Teladoc Mental Health \$0 Visit Fee

20% of Americans suffer from a mental health condition, but many don't seek treatment due to a lack of convenience and accessibility to services. Teladoc Mental Health provides **confidential therapy on your terms** with virtual access to licensed therapists for only \$0 per visit.

- Establish an ongoing relationship with a licensed therapist through video or phone sessions
- Get support for anxiety, depression, stress, grief, PTSD, family or marriage issues, and more
- Adolescent therapy available for teens ages 13-17, excluding psychiatry
- Teladoc's licensed therapists are available seven days a week

### NB Rx

Healthcare keeps getting more expensive, but you shouldn't have to choose between your prescription medications and other essential expenses. Make sure you're always getting the best deal on your prescriptions with deep discounts through NB Rx. **Save 10% to 85%** on most prescriptions at 60,000 retail pharmacies nationwide.

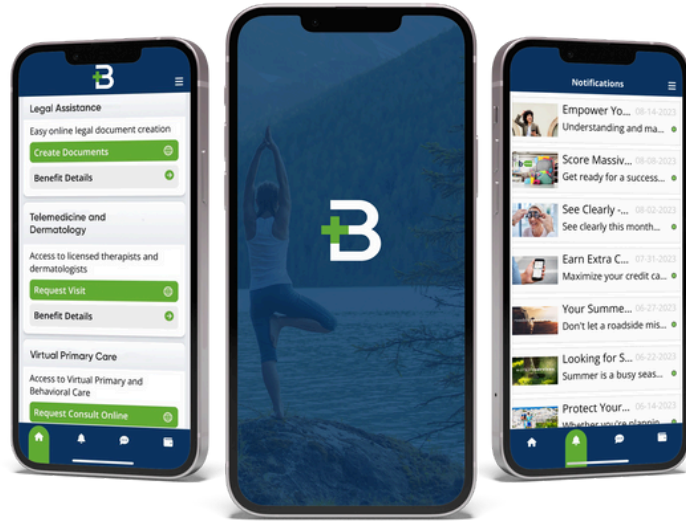
### Counseling Services

Need to talk it out? Let experienced counselors help address personal problems. Call 24/7 for an assessment, then schedule up to **six free sessions** via phone call, virtually, and/or face-to-face to discuss job issues, financial or legal stress, relationship issues, grief or loss, and more.

- Sessions are typically available within three business days of your initial call
- Get help determining the best course of action with strategies like goal setting, and solution-focused problem-solving
- All counselors have a master's degree and a minimum of 2 years experience post-licensure
- Counseling Services does not provide financial or legal advice but can assist with stress and anxiety caused by financial or legal issues

### LifeSpeak

When you need help, turn to LifeSpeak. Rather than trying to navigate conflicting search results, you can trust LifeSpeak to provide reputable, expert advice on a variety of mental health and well-being issues. LifeSpeak connects you to an unparalleled library of powerful 4-8 minute educational videos from the world's leading experts on mental health, stress management, financial health, infertility, and more. As the premier mental health and well-being platform, you can trust LifeSpeak to deliver the support you need from the people who know. LifeSpeak is available anywhere, anytime, on any device, and is 100% confidential.



# ACCESS YOUR BENEFITS ON THE GO!

With the **My Benefits Work™** mobile app & portal



## DISCLOSURES

This program is NOT insurance coverage and does not meet the minimum creditable coverage requirements under the Affordable Care Act or Massachusetts M.G.L. c. 111M and 956 CMR 5.00. It contains a 30-day cancellation period, provides discounts only at the offices of contracted health care providers, and each member is obligated to pay the discounted medical charges in full at the point of service. The range of discounts for medical or ancillary services provided under the program will vary depending on the type of provider and medical or ancillary service received. Discount Plan Organization: New Benefits, Ltd., Attn: Compliance Department, PO Box 803475, Dallas, TX 75380-3475, 800-800-7616. Website to obtain participating providers: MyBenefitsWork.com. Teladoc Mental Health visits are not available 24/7/365 and must be scheduled. Mental Health visits are not available to minors 12 and younger. Mental Health visits with a psychiatrist are not currently available for adolescents ages 13-17. Not all Mental Health specialists will be available in all states. Counseling Services are not available for minors 13 and under. LifeSpeak's site, its content, and its services are for educational use only. Nothing contained in this site is or should be considered, or used as a substitute for, professional advice, diagnosis or treatment. This package is not available to residents in UT, VT, and WA.