



CalTimes  
Wellness

INFORM | ENGAGE | EMPOWER

# Mental Health & Wellness Resources

# ComPsych – Employee Assistance Program



COMPSYCH®  
GuidanceResources® Worldwide

**Available to all Employees**

24/7 Support, Resources & Information

No Cost / Confidential / Up to Six Sessions, Per Person, Per Year

## Confidential Emotional Support



Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

## Legal Guidance



Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.

## Work-Life Solutions



Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

## Financial Resources



Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

## Online Support



GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

## EMPLOYEE ASSISTANCE PROGRAM SERVICES

24 hours a day, 7 days a week. Call 855-327-4463, or visit us online at [www.GuidanceResources.com](http://www.GuidanceResources.com) (Web ID = Lincoln / Company name = CA Ti / Select your company = CA Times)

## ComPsych – GuidanceResources Website

[www.GuidanceResources.com](http://www.GuidanceResources.com)

Register: Org. Web ID = Lincoln / Company Name = CA Ti / Select your company = CA Times

Mobile access to expert info on thousands of topics including wellness, relationships, work, education, legal, financial, lifestyle and more.

Browse HelpSheets<sup>SM</sup>, assessments, Q&As, videos and podcasts

Find the nearest legal, child care and elder care providers

Ask or call a GuidanceConsultant<sup>SM</sup> for confidential help



# Mental Health In-person or Virtual Visit

(Visits with psychiatrist, psychologist, therapist, marriage and family therapist)

## Kaiser Traditional HMO

\$15 Copay

[kp.org](http://kp.org)

Call (800) 900-3277

## Kaiser Signature (Deductible) HMO

\$25 Copay

[kp.org](http://kp.org)

Call (800) 900-3277

## Cost of Visits

## Collective Health PPO

(Anthem Blue Cross Network)

\$25 Copay

[my.collectivehealth.com](http://my.collectivehealth.com)

Call (833) 440-4367

## Collective Health HDHP

(Anthem Blue Cross Network)

20% Coinsurance,

After Deductible has been met

[my.collectivehealth.com](http://my.collectivehealth.com)

Call (833) 440-4367



# LiveHealth Online Psychology and Psychiatry Visits

Have a video visit with a licensed therapist, psychologist or psychiatrist online and on your schedule.

**Collective Health PPO Members** - \$10 Copay

**Collective Health HDHP Members** - 20% coinsurance, After Deductible has been met

**Visit [livehealthonline.com](https://livehealthonline.com), download the free app or call to (844) 784-8409 to schedule an appointment.**

## Psychologist

Get help for these issues and more:

- ✓ Stress
- ✓ Life transitions
- ✓ Anxiety
- ✓ Relationship troubles
- ✓ Depression
- ✓ Grief
- ✓ Coping with illness
- ✓ Panic attacks

## Psychiatrist

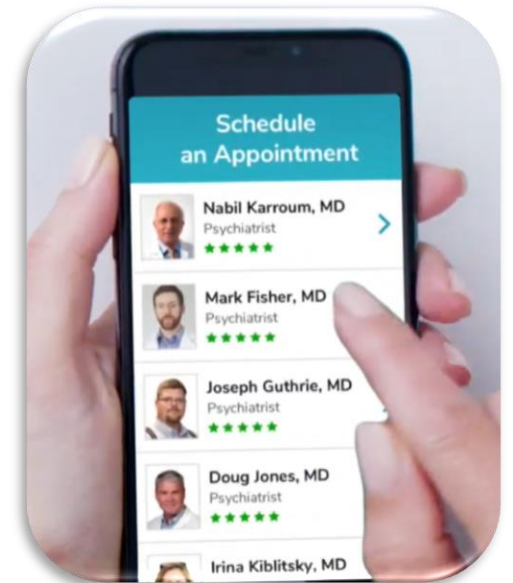
Get help for these topics and more:

- ✓ Stress
- ✓ Depression
- ✓ Obsessive Compulsive Disorder (OCD)
- ✓ Bipolar Disorder
- ✓ Anxiety
- ✓ Medication concerns
- ✓ Panic attacks
- ✓ Post-Traumatic Stress Disorder (PTSD)



## Get the free app

Use LiveHealth Online whether you're at home, at work or on the go.



# Get care now

24/7 virtual care — a fast, flexible way to talk with a clinician.  
Great for care when and where members need it most.

**Log into [kp.org](https://kp.org).**

## 1. Answer questions about symptoms

To get started, members can sign in to [kp.org](https://kp.org) or the Kaiser Permanente app and answer a few questions to help us learn about their symptoms.

## 2. Choose how to get care

We'll recommend how members can get care quickly — either by phone, video, or both. Where available, members can also see estimated wait times to help them choose the best option for their needs.

## 3. Talk with a clinician

Clinicians are available to deliver care to the member based on their needs. During the visit, the clinician will update the member's health record to help coordinate follow-up care.



no cost to members  
on most plans



all devices



clinical care



**KAISER PERMANENTE®**



## SUPPORT & RESOURCES FOR SELF-CARE AND EMOTIONAL WELLNESS

Wellness is the state of being physically, mentally, emotionally and financially healthy. Maintaining wellness is an ongoing process because everything you do and experience affects your well-being. Here are additional self serve resources available to employees and their dependent.

**COMPSYCH**  
GuidanceResources® Worldwide

**ComPsych – GuidanceResources Website**

[www.GuidanceResources.com](http://www.GuidanceResources.com)

Register: Org. Web ID = Lincoln

Articles / Videos / Podcast on various wellness topics.  
Available to all employees.

 **BenefitHub**

**BenefitHub**

[www.catimes.benefithub.com](http://www.catimes.benefithub.com)

Referral Code: EHJ6XN

Employee Discounts Program, discounts on gym memberships, fitness equipment, healthy meal delivery vendors. Available to all employee.

**Anthem** 

**Collective Health PPO and HDHP Members**

[www.anthem.com/com](http://www.anthem.com/com)

Register using your medical card information.

Members have access to online wellness toolkits, digital tools to develop resilience, reduce stress and practice mindfulness. Discounts for fitness clubs, fitness equipment, coaching and digital fitness trackers.

 **KAISER**

**Kaiser HMO Members**

Online programs to help manage depression, reduce stress & improve sleep - <http://www.kp.org/selfcare>

Free meditation and mindfulness apps –  
<http://www.kp.org/selfcareapps>