

# Supporting mental & emotional health

CVS Health® offers a range of mental/emotional health benefits and resources for you and your family — from self-help to more extensive support. Many are available at low or no cost to you.

Physical wellness

✓ Emotional wellness

Financial wellness

## Dealing with challenging feelings?



Access articles, videos, assessments and more on a wide range of topics confidentially and at no cost from **Resources For Living**®, our Employee Assistance Program (EAP). Plus, use self-guided digital programs, such as **Mind Companion Self-care** to help assess your needs, then build resilience and healthy behaviors in just a few minutes a day. Visit [resourcesforliving.com/CVSHealth](https://resourcesforliving.com/CVSHealth).

Use no-cost tools and small, science-backed microsteps from **Thrive** to help you manage stress, improve focus, strengthen connections and improve overall wellness. Go to [app.thriveglobal.com](https://app.thriveglobal.com), or download from the App Store or Google Play. Select CVS Health/MinuteClinic for the company name and enter your work email address, or if you don't have one, use your personal email. Invite your family members to register using their personal email and group code: community.

Learn more about being more mindful and in the moment on the **Discover Mindfulness** site at [aetnao365.sharepoint.com/sites/DiscoverMindfulness](https://aetnao365.sharepoint.com/sites/DiscoverMindfulness) — requires company network/Office 365 access.

Connect with others by joining a **Colleague Resource Group (CRG)**, such as the Mental Well-being CRG. Visit [Colleague Zone](#).

While you can help yourself with any of the self-guided resources described to the left, you may need additional support to deal with challenging events and feelings. Don't be afraid to ask for help, including from professionals. See page 2 for details on your no-cost confidential counseling options.

For a life-threatening emergency, you may need the emergency room and/or to call 911. For concern about self or other harm, call or text the national Suicide and Crisis Lifeline at 988.



**Don't know where to turn?** A phone call can help guide you to resources that fit your needs.

**Resources For Living:** 1-800-789-8990, TTY: 711, to speak with a Care Partner

**Aetna One® Advocate:** 1-800-558-0860 (if enrolled in an Aetna medical plan through CVS Health)

## Need more help?

Connect with a Resources For Living Care Partner on the phone or through live online chat. They can help you learn more about your benefits, locate local resources or find a counselor. Visit [resourcesforliving.com/CVSHealth](https://resourcesforliving.com/CVSHealth) or call **1-800-789-8990** (TTY: 711) anytime, 24/7.

If you need one-on-one counseling support, you and your household members, including children up to age 26 who live outside your home, can each get **up to 20 no-cost confidential counseling sessions** (in-person, phone, video or chat therapy) per issue, per plan year through Resources For Living providers.\*

Through Resources For Living, you and your household members (age 13 and up) also have access to **Talkspace**, an online therapy platform that makes it easy and convenient to connect securely with a licensed behavioral therapist. One week of unlimited text or one tele-video session equals one confidential counseling session.

Alternatively, at MinuteClinic® locations in select HealthHUB™ stores, you can speak with a licensed therapist clinician at no cost to you as part of the 20-counseling session benefit.

Counseling is not just for people suffering from serious mental health issues. It can be a valuable, proactive part of your mental health maintenance. Counseling provides a healthy, comfortable way to work through concerns, and to learn new ways to respond to everyday challenges or cope with issues when they arise.

All of the CVS Health medical plans cover the diagnosis and treatment of mental health issues, including outpatient care, inpatient care, partial hospitalization, Applied Behavioral Analysis and prescription drugs. Deductibles and fees apply, up to the out-of-pocket maximum. The Hybrid Plans cover outpatient mental health visits at a \$0 copay.

If enrolled in an Aetna medical plan through CVS Health, additional resources include:

- **CVS Virtual Care™** offers convenient scheduled, virtual support from licensed mental health providers. In-person care also can be coordinated. Get started at [CVS.com/virtual-care](https://CVS.com/virtual-care).

- **Aetna Behavioral Health Condition Management** provides telephonic advocacy and navigation support to connect you to many mental health treatment support services. Call Aetna One Advocate for help at **1-800-558-0860** or visit [Aetna.com](https://Aetna.com).

## Family-focused resources

Review no-cost resources on parenting and childcare, caring for aging adults, and balancing work and family on the **Resources For Living** website. For in-the-moment support, access back-up child or elder care at low copays; learn more on [BenefitMoments.com](https://BenefitMoments.com).

## Better overall wellness

Physical issues affect our emotional health, while mental health issues can cause or worsen physical illnesses. Support your overall wellness with these three steps:

1. Select a **primary care provider** to get regular check-ups with someone who knows your history, and if needed, can refer you to mental health specialists. It's always important to follow recommended treatment and use of prescriptions. If you're enrolled in CVS Health medical coverage, your pharmacy benefit may cover prescriptions at no or low cost to you.
2. Use **MinuteClinic wellness services** for preventive care and wellness support. If you are enrolled in a CVS Health medical plan and have a health condition, use **Aetna Lifestyle and Condition Coaching** to help manage any health conditions.
3. Maintain a healthy lifestyle with exercise, good nutrition, sleep and stress management. Visit [BenefitMoments.com](https://BenefitMoments.com) for more resources.

## Supporting each other and reducing the stigma



CVS Health offers a safe, supportive space for colleagues to share mental health journeys to raise awareness and stamp out stigmas around us. Visit the Stamp Out Stigma page on [Heartbeat](https://Heartbeat) to learn more and review inspiring stories from colleagues.

Want to share how you or a loved one has been affected by mental illness? Share your story through a Stamp Out Stigma feature article or a Faces of Mental Health snapshot.

\* Subsequent sessions are treated as office visits under your medical plan, subject to applicable copayments or deductibles and coinsurance.

This summary provides a brief overview of benefits available to all colleagues or where noted, enrollment in a CVS Health medical plan, and is for informational purposes only. If there's any difference between this and plan documents, official plan documents govern. CVS Health reserves the right to amend, modify or terminate all or part of its benefit plans at any time. This description isn't an employment contract or guarantee. Colleagues may need to meet certain eligibility requirements to participate. Colleague contributions are not used to pay plan expenses for vendors or other service providers that are subsidiaries of CVS Health, except as may be permitted by ERISA. Union colleagues aren't covered unless their collective bargaining agreement specifically provides for a benefit.