

YOUR MENTAL HEALTH RESOURCES

Your Well-being Starts Here

Emotional well-being is key to your overall health. When you reduce stress, you boost your immune system, increase energy and build resilience — so you can be your best self. Whatever your care needs or preferences, your GDIT benefits have you covered. Visit gdittotalrewards.com to learn more.

	Counseling and Therapy		Coaching	Relaxation and Exercise	
					
What it offers	<ul style="list-style-type: none"> Network of licensed behavioral health counselors, physicians and facilities Integrated care within your Anthem, Cigna and Kaiser medical plans and care management programs 	<ul style="list-style-type: none"> 24/7 support to help you manage stress, anxiety, relationships and more—up to 8 visits per year, per issue Phone, video conference and in-person visits Support for legal, financial, family care and other work/life issues 	Virtual visits with a licensed therapist or counselor by phone or video conference.	<ul style="list-style-type: none"> One-on-one, ongoing support for a personalized health improvement plan. Meet with your coach in person or by phone 	Access yoga, meditation, nutrition, strength training and cardio classes for all skill levels
Who's eligible	You and your dependents covered by an Anthem, Cigna or Kaiser health plan	You, your spouse and dependents, regardless of medical plan enrollment	You and your dependents covered by an Anthem or Cigna medical plan	You, if enrolled in a GDIT medical plan (non-enrollees can connect with any GDIT Health Coach here)	<ul style="list-style-type: none"> You Your spouse covered by a GDIT medical plan
What it costs	Costs for office visits vary	Free; up to 8 sessions per issue, per year	Costs vary by visit type, but often cost less than visits to in-person providers	Free	Free
How to contact	Anthem Behavioral Health: 844-792-5141 Cigna Behavioral Health: 800-981-9112 Kaiser Behavioral Health: 855-632-8280	No appointment needed at 877-254-4582 , or myresolve365.com	Schedule an appointment at: mdlive.com/gd or 800-657-6169	Cigna enrollees can call 800-981-9112 or visit myCigna.com . Anthem enrollees can call 844-274-9561 . Kaiser enrollees can call 866-862-4295 for similar programs.	Go to the Castlight Mobile app, click on Benefits and select Yo-Fi .



FEELING FINANCIAL STRESS?

- Call **Fidelity** at **800-603-4015** for free retirement planning and investing support.
- Call **Resolve 365** at **877-254-4582** for your free annual 30-minute financial planning session.



TRYING TO GROW YOUR FAMILY?

Ovia Health's nurses can help you manage stress and get answers you need related to infertility, pregnancy and post-partum life. Find Ovia Health in Benefits on the **Castlight Mobile app** or mycastlight.com/general-dynamics.

HOW TO FIND A MENTAL HEALTH PROVIDER

There are many ways to connect with a helpful resource.

If this is most important to you:	Try this:
Referral from someone I know	Ask your Primary Care Provider to recommend someone in your health plan network . Ask trusted friends, family or your health coach for the name of a provider they like. Then, find out if the provider is in your plan network.
Someone who specializes in my needs	Anthem, Cigna, and Kaiser can help you search for a provider that fits your needs -- sort by gender or by specialty, such as depression, LGBTQ or marital counseling. Anthem and Cigna also allow you to sort based on ethnicity.
Phone or video visits	Resolve 365, MDLIVE and many mental health providers offer telephone or virtual visits at a flexible times. You can arrange an appointment to meet your schedule and travel needs.
Privacy and confidentiality	Virtual phone and video visits from Resolve 365, MDLIVE and many other providers make it easy to talk with someone in a private location. <i>GDIT and your manager do not receive specific information about individual visits.</i>
Cost	<ul style="list-style-type: none"> • With Resolve 365, you're eligible for up to 8 free visits with a counselor per year, per issue. Many concerns can be managed within 8 visits. • Contact MDLIVE — costs vary by visit type, but are often less than visits to in-person providers <p><i>Tip: You can save money on health care by using tax-free dollars from your Health Savings Account (HSA) and/or Flexible Spending Account (FSA).</i></p>

MEET YOUR MATCH

If your provider doesn't feel like a good match after one or two sessions, try someone else. You need to be comfortable talking to him or her.

Consider this: Did their advice make sense? Did it help? If not, find another provider — don't give up.

THREE GREAT REASONS TO TALK TO SOMEONE

- 1. Physical relief.** Your aches and pains may improve after you talk through your worries.
- 2. Coping skills.** Working through your issues gives you tools and experience you can use next time you face a challenge.
- 3. Long-lasting effects.** Talk therapy can actually change your brain and make it easier to build positive mental habits.



YOU'RE IN GOOD COMPANY

Half of U.S. employees have above average or high stress, and 32% have suffered from severe stress, anxiety or depression in the last two years. Afraid or embarrassed to take the first step? Don't be! Take action. Your well-being is too important.