

YOUR EMOTIONAL WELL-BEING MATTERS



Digital Resiliency	Peer Support	Mental Health Coaching	Telehealth	Short-term Counseling	Traditional Therapy/ Psychiatry	Virtual Therapy	Mental Health Maternity Support	Work-Life Services
<p>Headspace Meditation</p> <p>Calm Meditation</p> <p>MyStrength Digital Resiliency</p> <p>Claremont EAP Digital CBT Courses</p> <p>Positivity Center Resource Library</p> <p>Tess AI Chatbot Emotional Support</p>	<p>Prevention Cloud In-person Peer Support Groups</p> <p>Claremont EAP Virtual Peer Support Groups</p>	<p>Ginger Text-based Coaching</p> <p>Prevention Cloud Phone Coaching</p> <p>Claremont EAP Phone & Video Coaching</p>	<p>Teladoc Phone or Video Therapy, Psychiatry, & Counseling</p> <p>Kaiser Virtual Primary Care</p>	<p>Life Referrals 24/7 In-person Counseling</p> <p>Claremont EAP In-person & Video Counseling</p>	<p>Magellan Therapy & Psychiatry (video visits may be available)</p> <p>Kaiser Therapy & Psychiatry (video visits may be available)</p>	<p>Teladoc Phone & Video Therapy & Psychiatry</p> <p>Ginger Video Therapy & Psychiatry</p> <p>BetterHelp Phone, Video, & Text-based Therapy</p>	<p>Maven 24/7 Virtual Care for Pregnancy, Postpartum & Return to Work</p> <p>Kaiser Emergency Maternity Mental Health Referrals</p>	<p>Life Referrals Dependent Care, Legal Assistance, Financial Coaching, & Identity Theft Resolution</p> <p>Claremont EAP Dependent Care, Legal Assistance, & Financial Consulting</p>

Available to ALL employees

Available to Kaiser Members

Available to Blue Shield Members

Your Benefits, Your Choice.
You Matter, Be Healthy.

Start
HERE

YOUR EMOTIONAL WELL-BEING MATTERS



Mental Health Resources

PreventionCloud

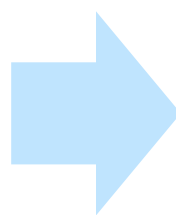
- **Employee Interest Groups** In-person Peer Support Groups
- **Mental Health Coaching** Phone Coaching focused on skill-building

BlueShield

- **Headspace** Meditation
- **MyStrength** Digital programs and support for stress, depression, sleep, and more

Kaiser

- **Calm** Meditation
- **MyStrength** Digital programs and support for stress, depression, sleep, and more



Short-Term Solutions

Claremont EAP

- **Positivity Center** Online resources for resilience, mindfulness and meditation, gratitude, self-assessment, and more
- **Digital CBT Courses** Self-guided modules based on Cognitive Behavioral Therapy for stress, sleep, mindfulness, anxiety, and more
- **Tess AI Chatbot** 24/7 text-based emotional support
- **Peer Support Groups** Virtual peer support groups up to 10 sessions
- **WorkLife Services** Dependent care referrals, legal assistance, and financial consulting
- **Mental Health Coaching** Phone & video, skill-building coaching
- **Counseling** In-person & video counseling up to 5 sessions
- **BetterHelp** Phone, video, & text-based therapy

BlueShield

- **Life Referrals 24/7** In-person counseling up to 3 visits, dependent care referrals, legal assistance, financial coaching, and identity theft resolution



Long-term Solutions for Complex Issues

BlueShield

- **Ginger** Text-based coaching for skill-building, video therapy, and psychiatry
- **Teladoc** Phone or video therapy, psychiatry, and counseling
- **Magellan** In-person therapy & psychiatry (virtual visits may be available)
- **Maven** 24/7 virtual care for pregnancy, postpartum, & return to work

Kaiser

- **Kaiser Virtual Care** Virtual primary care visits
- **Therapy & Psychiatry** In-person therapy & psychiatry (virtual visits may be available)
- **Maternity Support** Emergency maternity mental health referrals

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PreventionCloud

Employee Interest Groups	Visit preventioncloud.com and select the “Events” tab to register for a group or take the health assessment to get started
Health Coaching	

Claremont EAP (Powered by Uprise Health)

Positivity Center	Visit positivitycenter.org to access the resource library
Digital CBT Courses	Visit members.uprisehealth.com , enter access code “Claremont” and take the health assessment to get started
Tess AI Chatbot	Text “Hi” to 650-825-9634 and enter “Claremont” as your company name to opt-in
Peer Support Groups	Call 800-834-3773 to register for an online support group
Coaching	Visit members.uprisehealth.com , enter access code “Claremont” and take the health assessment to get started
Short-Term Counseling	Call 800-834-3773 to make an in-person or virtual appointment or visit members.uprisehealth.com , enter access code “Claremont” and take the health assessment to get started
BetterHelp	Call 800-834-3773 to access text-based therapy benefit

Kaiser

Calm	Visit healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital to access subscription
MyStrength	Visit healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital to access resources
Therapy & Psychiatry	Call 650-627-1700 to make an appointment or get advice
Maternity Services	Call 866-454-8855 to speak with an advice nurse

Blue Shield

Headspace	Visit wellvoution.com and take the health assessment to get started
MyStrength	Visit blueshield.ca/mystrength to access resources
Ginger	Visit wellvoution.com and take the health assessment to get started
Teledoc Mental Health	Visit blueshieldca.com/Teladoc or call 800-835-2362 to schedule an appointment
Magellan	Visit blueshieldca.com/fad/home and select “Mental Health” to connect with a provider
Maven	Visit blueshield.ca/maternity to access benefit

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