



Maritz  
**HEALTHY YOU!**

# QUICK GUIDE

## EMOTIONAL WELLBEING RESOURCES



**The following resources are available to all employees:**

### **ComPsych Employee Assistance Program**

[www.GuidanceResources.com](http://www.GuidanceResources.com) (888) 628-4824

App: GuidanceNow

Website Username: LFGSupport, Password: LFGSupport1

- Live or virtual counseling at no cost
- Online articles and self-assessment questionnaires for a variety of emotional wellbeing topics such as managing stress, depression, anxiety, resilience, work-life balance, and more
- Information, resources, and referrals on family matters (daycare, eldercare, pets, etc.)
- On-Demand Training – short 5 to 10-minute training modules which include fun, interactive features to help you build practical skills to deal with real-life challenges
- Guidance with financial matters (budgeting & planning)
- In-person legal consultation at no cost

*Nationwide network of licensed and experienced counselors, including psychologists, clinical social workers, certified alcohol and drug counselors, and marriage, family, and child counselors.*

### **Cigna Life Connected Podcast Series**

<http://communication.cigna.com/lifeconnectedpodcast>

- Access to pre-recorded podcasts and resources on Physical, Emotional, Environmental, Financial, and Social Well-being

### **Cigna Mental Health Online Seminars**

<https://www.cigna.com/individuals-families/health-wellness/topic-mental-health/>

- Different mental health-related topics featured for individuals and families
- Prior recorded seminars on-demand or register for new upcoming seminars

### **Virgin Pulse Wellness Program**

<https://www.virginpulse.com> (877) 671-9395  
[support@supportpulse.com](mailto:support@supportpulse.com)

- On the Virgin Pulse website, hover over **More** (with three dots) and select Topics of Interest.
- Under the Health tab, click Journeys which are self-guided course for topics such as anxiety and depression, reducing stress, grief and loss, and many more.



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**The following resources are available to employees enrolled in the Cigna Medical Plan:**

### Cigna

[MyCigna.com](https://www.mycigna.com)

(800) 244-6224

- **Cigna Behavioral Health** – Access to in-person or video-based virtual counseling and medication management for issues like anxiety, depression, grief, stress, family/relationship problems, etc.
  - **Ginger** – Feeling stressed or overwhelmed, but not quite sure what you need? Use Ginger's coaching services as a first line of defense for overcoming a range of challenges and stressors – from improving sleep or relationships, to managing anxiety and depression. Chat with a trained behavioral health coach within seconds, 24/7. If needed, your coach can add a licensed therapist or psychiatrist to your care team within days.
  - **MDLive** - Friendly therapists and psychiatrists are professionally trained to use virtual technology to treat many non-emergency conditions such as anxiety, depression, stress, relationship issues, and more.
  - **TalkSpace** - Select from thousands of licensed therapists and maintain an ongoing relationship throughout the entire treatment. For ages 13 and up.

To find Behavioral Health Providers in your MyCigna portal, click **Find Care & Costs** and select **Doctor by Type**. Search by keywords **Behavioral Health Counselor** and choose to go virtual or to see a local provider. You will have several platforms to choose from, such as Ginger, MDLive, and TalkSpace.

- **Cigna Employee Assistance Plan (EAP)** – access to work/life resources, and licensed clinicians to help you cope with a wide variety of concerns, from family and financial issues to substance use, emotional health, and stress. You are eligible for up to 3 visits at no cost. To find a Cigna EAP, login to [MyCigna.com](https://www.mycigna.com), click Employee Assistance Program (EAP) under the Coverage tab or call Cigna at (800) 244-6224.
- **Cigna Online Wellness resources and Health Library** (apps, programs, articles, and tools) to help you overcome negative thoughts and stress, anxiety, depression, and more. Hover on the Wellness tab, then select **Stress** or **Apps & Activities**.

**The following resources are available to employees enrolled in the ARAG Legal plan:**

### ARAG Legal Plan

[ARAGLegalCenter.com](https://www.araglegalcenter.com)

Access code: 18341mhi

(800) 247-4184

- Access to network attorneys for many legal issues or matters, such as traffic, landlord/tenant, tax, small claims court, divorce, child support/custody, debt-related, criminal matters and more.

- Access to Financial Education and Counseling Services by telephone to address questions and offer guidance on a variety of money management matters, which includes access to a financial education website with interactive financial tools.
- Access to the online Learning Center with articles, guidebooks, and videos to help you with things like Disaster & Emergency Help, Family & Relationships, Caregiving, and much more