

TCCS Mental Health Benefits and Resources

At The Claremont Colleges, we recognize emotional well-being is part of your overall health. We offer benefits and resources to help you and your family stay on track when life brings unexpected challenges. If you can use a boost, consider these benefits:

Employee Assistance Plan (EAP)

You and/or your immediate family can receive up to five free counseling sessions with a licensed/certified therapist per issue, each calendar year. EAP is there when you need it — they are available 24/7/365.

Call 800-234-5465 or log on to www.liveandworkwell.com (use access code: claremontcolleges) to get started.

You can receive confidential advice and counseling at no cost to you through the EAP. Counselors and other professionals can help you with issues such as relationships, parenting, anxiety, stress, depression, substance abuse, workplace conflicts, living with chronic conditions, financial issues, and more.

In addition, through the EAP's virtual help centers, you can access hundreds of articles, tips, and resources on everyday work and life issues — all with just a few clicks of a button and in the privacy of your home.

Did You Know?

In 2019, 61.2% of The Claremont Colleges employees have taken advantage of the EAP. So, if you could use a hand, you're not alone! If you need help, don't hesitate to call. It's completely **confidential and free** to you!

Medical Plan Benefits

If you exhaust your free EAP visits and require additional counseling services, the EAP will work with you to transition to ongoing coverage through your medical plan. Here's how the plans cover emotional wellbeing services in 2020:

Benefit	Kaiser HMO	Advantage HMO	Anthem Act Wise HDHP	
	Kaiser Permanente Network	Preferred Provider/In-Network	In-Network	Out-of-Network
Inpatient Care	You pay \$200 per admission	You pay \$300 per admission	Plan pays 80% after deductible	Plan pays 60% after deductible
Outpatient Care	You pay a \$20 copay per visit (individual therapy) You pay a \$10 copay per visit (group therapy)	Preferred Provider: You pay a \$15 copay per visit In-Network Provider: You pay a \$25 copay per visit	Plan pays 80% after deductible	Plan pays 60% after deductible

Kaiser Resources

- **Healthy Lifestyle Programs** cover a myriad of health issues, including helping manage depression, stress, and chronic conditions
- Walking challenges
- Weight management programs
- Other online programs

To access these helpful tools from Kaiser, visit www.kp.org or call Member Services at **800-464-4000**.

Anthem Resources

- **360°Health** offers an online library of health-related information and tools to help members with anything from managing a condition to organizing health records
- Diabetes prevention program
- myStrength online and mobile app for behavioral health
- Wellness calendar and challenges

To access these helpful tools from Anthem visit www.anthem.com/ca to get started.

Contact Benefits Administration for assistance with getting the most from your benefit plans at **909-621-8151** or BENREPS@claremont.edu.