

<b>Wellness Resources</b>	The Claremont Colleges recognizes that wellness is an important component of helping you create and maintain a healthy lifestyle. The wellness programs offered by our partners provide tools and information that can help you make important healthy lifestyle choices. These programs enhance your core benefits by offering savings on alternative health and wellness products and services.
<b>Anthem Wellness Resources</b>	<ul style="list-style-type: none"> <li>• Free preventive care and immunizations (in-network only for Anthem Act Wise HDHP members)</li> <li>• LiveHealth Online access to doctors, including private video chats covered by your regular copay</li> <li>• 24/7 Nurseline (800) 700-9186</li> <li>• Condition Care advice nurses and resources for health problems (asthma, diabetes, heart failure)</li> <li>• Fitbit walking challenges</li> <li>• Future Moms resource for expectant mothers</li> <li>• Discounts on health programs and fitness clubs, including weight loss and gyms.</li> <li>• Anthem participants may take advantage of a program called Active&amp;Fit Direct. This program is available to any Anthem Large Group Employer Plan with the registration fee waived. Once registered, you will be responsible for a monthly fee of \$25.00, with first and last month due up front. You will have access to online fitness classes and videos. You can log into your account at <a href="http://www.anthem.com/CA">www.anthem.com/CA</a>, click on Care, then Discounts. You may call Anthem (800) 227-3771 with any questions related to Active&amp;Fit Direct.</li> </ul> <p>To access these tools and services, visit <a href="http://www.anthem.com/ca">www.anthem.com/ca</a></p>
<b>Kaiser Wellness Resources</b>	<ul style="list-style-type: none"> <li>• Free preventive care and immunizations</li> <li>• Online Total Health Assessment</li> <li>• Self Care Apps - Calm app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. myStrength app offers personalized programs with interactive activities, daily health trackers to monitor and maintain your progress, in-the-moment coping tools, and more. Get the app at <a href="http://kp.org/selfcareapps">kp.org/selfcareapps</a>.</li> <li>• Healthy Lifestyle Programs for weight loss, maternity and pregnancy, smoking cessation, Insomnia, diabetes, depression and stress management, and pain management</li> <li>• Kaiser Permanente has teamed up with <a href="http://ClassPass">ClassPass</a> and has provided a special rate for Kaiser Permanente members. With ClassPass, Kaiser Permanente members can get online video workouts at no cost including fitness classes, cardio, dance, meditation and more. You will also receive discounts on livestream, real-time fitness classes like bootcamp, yoga, and pilates. You can get started by signing on to your <a href="http://kp.org">kp.org</a> account where you will find a ClassPass link, which will take you to your free 45-day trial.</li> <li>• 24/7 nursing advice (800) 464-4000</li> <li>• Wellness coaching</li> <li>• Discounts through ChooseHealthy and on alternative care such as acupuncture or massage</li> </ul> <p>To access these tools and services, visit <a href="http://www.kp.org">www.kp.org</a> or call Member Services at (800) 464-4000.</p>
<b>Cigna Dental</b>	If you have Cigna dental coverage, you also have access to Cigna Healthy Rewards, a discount plan for products and programs such as weight management, fitness, vision and hearing, alternative medicine and healthy lifestyle
<b>Optum Employee Assistance Program</b>	<p>Our EAP can assist you with parenting or relationship problems, financial advice, or legal referrals. Employees and their dependents can receive up to five counseling sessions with a licensed therapist by phone or in person per family member, per issue. Alternatively, you may choose to connect with a licensed therapist online – from anywhere, at any time.</p> <p>In addition, you can get support and referrals for everyday tasks, including childcare and elder care, household services, and personal services (such as shopping or do walking).</p>

<p><b>Optum Employee Assistance Program</b> (continued)</p>	<p><b>Talkspace convenient, safe and secure online therapy</b> - a digital platform that offers an effective alternative to in-person therapy through in-app chat, voice and video messaging with thousands of licensed, masters-level or higher clinicians available nationwide (see attached flyer).</p> <p><b>Sanvello On-demand help for stress, anxiety and depression</b> – Created by psychologists, Sanvello is a top-rated self-help app that uses clinically validated techniques such as cognitive behavioral therapy (CBT) – a type of psychotherapy that has been shown to be especially effective for individuals experiencing high levels of stress, or symptoms of anxiety and depression (see attached flyer).</p> <p><b>Live and Work Well Benefits:</b></p> <ul style="list-style-type: none"> <li>• Managing Stress</li> <li>• Improving relationships at home or work</li> <li>• Addressing legal and financial concerns</li> <li>• Getting the most out of your career</li> <li>• Finding child development, childcare or elder care resources</li> <li>• Getting past emotional issues of grief</li> <li>• Addressing depression, anxiety or substance use issues</li> </ul> <p><b>Financial Services:</b></p> <ul style="list-style-type: none"> <li>• Online financial stress assessment</li> <li>• Self-directed online learning modules on credit, debt and budgeting</li> <li>• Financial calculator to assess your current situation</li> <li>• Tax consultation and preparation</li> <li>• 25% discount for preparation of all personal income tax documents</li> <li>• 2 calls with a money coach – 100% confidential</li> </ul> <p><b>Legal Services</b></p> <ul style="list-style-type: none"> <li>• Access to licensed state-specific attorneys</li> <li>• One 30-minute telephonic or face-to-face consultation per issue per year at no cost to you</li> <li>• Ongoing representation by an attorney at a 25% discounted rate</li> </ul> <p><b>Professional Development for Managers and Supervisors</b></p> <ul style="list-style-type: none"> <li>• More than 25 seminars help managers enhance supervisory and communication skills, understand organizational dynamics, and enhance morale and motivation in the workplace.</li> </ul> <p>Call (800) 234-5465 or log on to <a href="http://www.liveandworkwell.com">www.liveandworkwell.com</a> (use access code: claremontcolleges) to get started.</p>
<p><b>Anthem Mental Health Resources</b></p>	<ul style="list-style-type: none"> <li>• Available 24/7</li> <li>• Face-to-face counseling sessions with licensed professional mental health providers</li> <li>• Stress management services</li> <li>• Critical Incident Response coordination</li> <li>• MyStrength mobile app for emotional health and well-being</li> </ul> <p>To access these tools and services, visit <a href="http://www.anthem.com/ca">www.anthem.com/ca</a></p>
<p><b>Kaiser Mental Health Resources</b></p>	<ul style="list-style-type: none"> <li>• Face-to-face counseling sessions with licensed professional mental health providers</li> <li>• Crisis intervention</li> <li>• Chemical dependency treatment</li> <li>• Condition-specific online classes and emotional wellness podcasts</li> <li>• Online self-assessment tools</li> <li>• Support groups</li> </ul> <p>To access these tools and services, visit <a href="http://www.kp.org">www.kp.org</a> or call Member Services at (800) 464-4000.</p>
<p><b>TIAA Retirement Financial Consulting</b></p>	<p>No matter where you are in life – just getting started or planning for retirement – a session with TIAA can help you create a plan for your goals. And, it's at no additional cost as a part of your retirement plan. You'll get answers to these questions and more:</p> <ul style="list-style-type: none"> <li>• Am I invested in the right mix of investments to help meet my goals?</li> </ul>

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|  | <ul style="list-style-type: none"><li>• Am I saving enough to create the retirement income I need?</li><li>• How do I take income from my retirement account once I stop working?</li></ul> |
|--|---|

Contact TIAA at (800) 732-8353 or go online at [www.TIAA.org/schedulenow](http://www.TIAA.org/schedulenow) to make an appointment to meet with a financial advisor.

**If you have questions about any of the listed resources, please contact Benefits Administration at (909) 621-8151 or email [benreps@claremont.edu](mailto:benreps@claremont.edu).**



## Talkspace

Convenient, safe and secure online therapy – no office visit needed

Developed by a team of healthcare industry professionals, Talkspace is a digital platform that offers an effective alternative to in-person therapy through in-app chat, voice and video messaging with thousands of licensed, masters-level or higher clinicians available nationwide.

As a contracted virtual visit provider group, Talkspace is a convenient, safe and secure way to access an EAP provider via phone or desktop, giving individuals greater flexibility to engage with their care and improve their overall health.

### Support for anxiety, depression, PTSD and other conditions.

Specialized clinicians are also available for conditions like substance use, eating or compulsive disorders.

### Regular communication via in-app chat, voice and video messaging.

Providers respond daily, five days a week, so members don't have to wait for weeks between appointments.

### No appointment necessary.

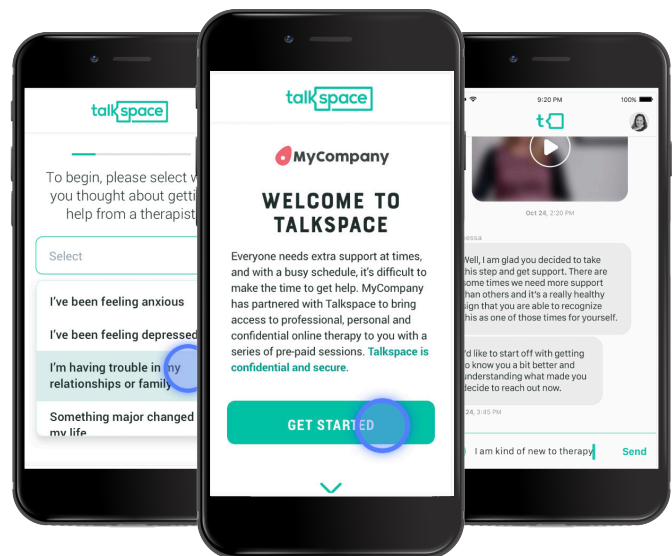
Therapy can start immediately from the convenience of home, work or any other private location without calling a provider to schedule a visit.

### Live video capabilities.

As needed, members can schedule live video sessions for face-to-face virtual support.

### Provider matching.

Thousands of licensed EAP providers are available across all 50 states and are matched to members based on location, needs and preferences.



IOS



ANDROID



DESKTOP



CHAT



VOICE



VIDEO



PHOTO

**98%** of users found Talkspace more convenient than traditional therapy<sup>1</sup>

**50%** fewer hours of missed work over a seven day period following treatment<sup>2</sup>

**5** days a week, responses daily

1. Talkspace study with Columbia University. To learn more, go to [Talkspace.com](https://research.talkspace.com) and read about our User Survey and recent studies - <https://research.talkspace.com>

2. Ibid.

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# Sanvello

On-demand help for stress, anxiety and depression

Created by psychologists, Sanvello is a top-rated self-help app that uses clinically validated techniques such as cognitive behavioral therapy (CBT) — a type of psychotherapy that has been shown to be especially effective for individuals experiencing high levels of stress, or symptoms of anxiety and depression.

Sanvello empowers individuals to engage with activities to improve their mental health from the convenience of their mobile device anytime, anywhere — helping relieve symptoms and build life skills that can reduce potential high-cost interventions in the future.

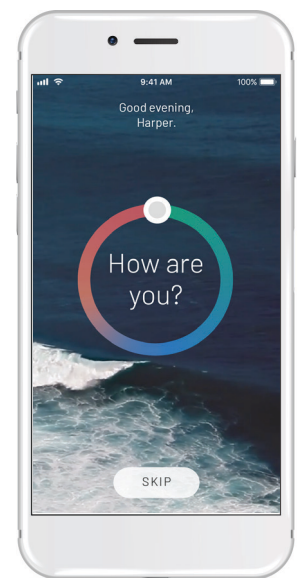
**Daily mood tracking.** Members answer simple questions each day to capture their current mood, identify patterns and self-assess progress.

**Personalized progress.** Through weekly check-ins, Sanvello creates a roadmap for improvement. Members can track where they are, set goals and make strides week by week.

**Guided Journeys.** Designed by experts for a range of needs, journeys use clinical techniques to help members feel more in control and build long-term life skills.

**Coping tools.** Members can find tools to help them relax, be in the moment or manage stressful situations, like test-taking, public speaking or morning dread.

**Community support.** With one of the largest peer communities in the field, members can connect with each other anonymously and share advice, stories and insights — anytime.



iOS



ANDROID



TABLET

## RESULTS<sup>1</sup>



Participants interact with Sanvello nearly  
**5X** more often than traditional  
therapy alone



**Lasting effects:** Sanvello decreases  
symptoms of depression and anxiety  
even after individuals stop using the app

1. Moberg C, Niles A, Beermann D. Guided self-help works: A randomized waitlist controlled trial of Pacifica, a mobile app integrating CBT and mindfulness for stress, anxiety, and depression. J Med Internet Res. 2019;21(6):e12556. [jmir.org/2019/6/e12556](https://www.jmir.org/2019/6/e12556).