

Get the right care to help you cope.

With so much on our minds, it's natural to have trouble coping emotionally. At Texas Health Aetna, we want you to know you're not alone, and we're right here to help with a range of behavioral and mental health resources.

Please remember for emergencies that need immediate help, you should call 911 or go to your nearest ER. And if you or a family member are having thoughts of self-harm, you can text 988 (Suicide & Crisis Lifeline) and be quickly connected to a trained counselor for support and guidance.

Help anytime with Anytime-MD.

Our 24/7 app that lets you speak to a live doctor can also connect you directly to a behavioral health specialist, if you're anxious or stressed. If you haven't already, download the app at anytime-md.com



Start with a quick check.

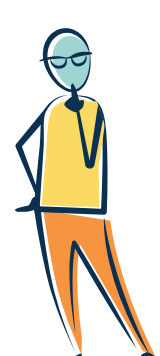
If you're not sure where to start, or what sort of help you need, get a better idea of how you're doing and where to turn with these simple online and phone assessments.

Texas Health Resources Assessment: A free consultation to establish where you are emotionally and what kind of personalized care plan is best. To schedule, please call 682-549-7916.

Let's check your anxiety: If you or someone close to you is more nervous than normal, answer some simple questions as the first step to getting the right care. <https://www.aetna.com/individuals-families/mental-emotional-health/anxiety-check.html>

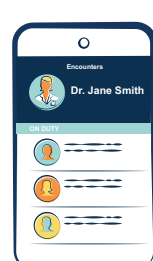
Deal with your depression: Take this online assessment to tune into your feelings, learn more and how to get real, lasting help. <https://www.aetna.com/individuals-families/mental-emotional-health/depression-assessment.html>

Take a Mindcheck: There can be so many feelings at once in our head and heart. Get a quick read on your emotional health here: mindchecktoday.com



Access to therapy and psychiatry.

Whatever your concern and condition, we have so many ways to put you in touch with the right person who'll develop the right treatment plan for you – therapists, social workers, counselors and more.



Find an in-network provider: Locate mental health care professionals near you by visiting your member portal or texashealthaetna.com and clicking on "Find a doctor".

MinuteClinic Behavioral Health: As part of our relationship with CVS, all members have access to televideo visits from qualified therapists. Simply visit cvs.com/minuteclinic, then click "Virtual Care" and "Set up a visit". You can also call 1-855-417-2486.



Employee Assistance Program: Get unlimited, 24/7 virtual care for emotional, legal or financial issues; access to the Aetna Resources For Living mobile app, videos and webinars; face to face counseling sessions; training and education and more. Call 1-833-327-2386 (TTY: 711) to learn more.

Virtual care for real peace of mind.

The following virtual (video or phone) therapy and psychiatry services are also available to all our members at their convenience. Each offers a simple series of questions about your symptoms to match you with the provider and the care that best addresses what you're going through.

AbleTo: This personalized 8-week program offers outpatient therapy, one-on-one coaching with a coach and licensed therapist, and digital mental health tools. Sign up at <https://Member.AbleTo.com/Aetna> or call 1-844-330-3648.

Alma: Find a professional in the directory or have one recommended through your questionnaire responses at helloalma.com/aetna.

Array AtHome: Visit arraybc.com or call 1-800-442-8938 to get started on the right path to feeling better.

Brightside: Please visit brightside.com, call 1-415-360-3348, or email support@brightside.com with any questions.

Headway: Locate providers and schedule your first session at headway.co

MDLIVE: Sign up by calling 1-855-824-2170, or register at mdlive.com. You can also download the MDLIVE app to make appointments.

Mindpath: Professionals are ready to give you answers and hope at mindpath.com or by calling 1-855-504-1004.

NOCD: An OCD video therapy platform offering sessions with licensed therapists and 24/7 support through self-help tools and peer communities. Sign up at treatmyocd.com or text/call 1-312-766-6780.

Talkiatry: Sign up for your online assessment at talkiatry.com or call 1-833-351-TALK (8255). You can also email a care coordinator at hello@talkiatry.com

Sondermind: Register at sondermind.com or talk to a Wellness Coordinator at 1-844-257-0989.

Telemynd: Make an appointment today by calling 1-866-991-2103 or completing the application at telemynd.com/aetna-referral-form.



Support for suicide and addiction issues.

If you or a family member need help with substance or alcohol abuse, addiction, addictive behavior or suicidal thoughts, we have several comprehensive resources with compassionate, expert professionals to support you.

Charlie Health: This intensive, clinically based outpatient program is designed to help teens (12-17) and young adults (18-27) who require more than once-a-week therapy get the treatment they need to build healthy, fulfilling lives. Find out more at charliehealth.com or call 1-866-508-7084 24/7.

Equip: Gold-standard treatment to help patients (6-24) and their families recover fully from atypical eating disorders and related trauma, via a dedicated five-person virtual care team (therapist, dietician, physician, peer mentor and family mentor). Go to equip.health or call 1-855-387-4378 to get started.

Vita Health Youth Nominated Support Team: Reducing suicide and overdose deaths among adolescents and young adults through an approach that brings guardians, nominated caring adults and young people together to stay close, focused and looking forward. Make an appointment at yst.care or call the Youth Support Team at 1-844-866-8336.

Vita Health for Adults: An outpatient specialty program to prevent suicide and overdose deaths, delivered by clinical specialists combining traditional with virtual care; complemented by an app that supports cognitive behavior therapy. Make an appointment at yst.care or call 1-844-866-8336.

Workit Health: This online program for substance use disorders provides personalized therapy, coaching, counseling, drug testing medication-assisted treatment and medication management, digital learning and peer support. Sign up by visiting workithealth.com, downloading the mobile app or calling 1-877-777-2671.



Whatever you're coping with, we'll help you find the care that brings answers and hope.

If you have any questions about eligibility for these services under your plan coverage, please call us first at the number on the back of your member ID card. We're here to help.

Telehealth or virtual services (also known as telemedicine): connects you and your provider via a secure televideo platform for counseling, support, education and medication management from the location of your choice. We require this via a televideo connection, not just a telephone call.

Medication-assisted treatment: use of medications, with counseling and behavioral therapies, to provide a "whole-patient" approach to the treatment of substance use disorders.

Peer support: service where trained people use their own personal/lived experiences to help others.

Plan coverage terms may vary. Not all benefit plans cover these services. Prior to receiving services, confirm eligibility by calling the number on your member ID card. ©

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