

# Health and Wellbeing Solutions

**GOOD HEALTH IS WORTH IT**  
**Mental Health Resources**





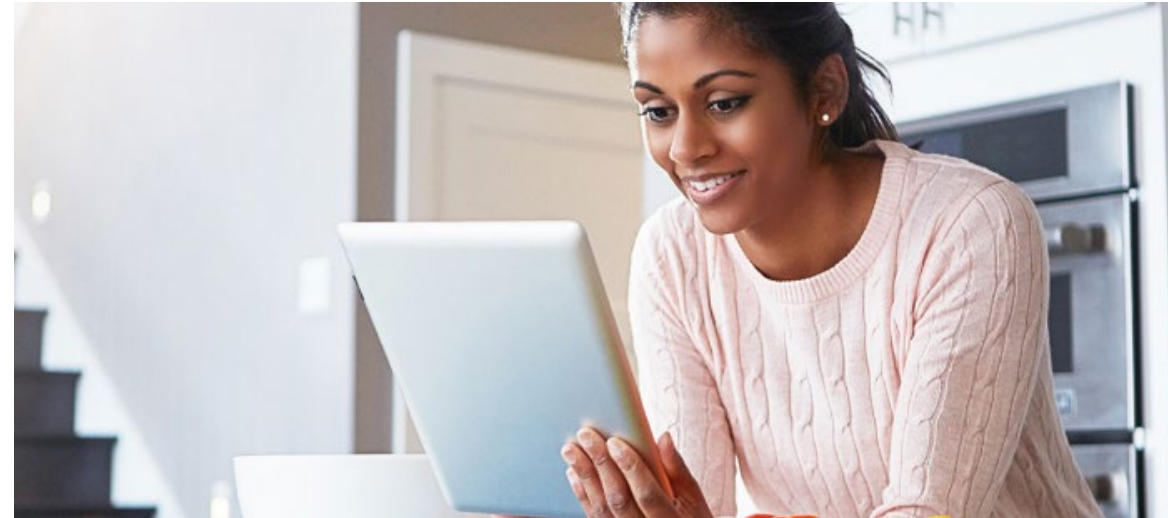
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# Virtual Care for Mental Health

- Accessible through Sydney Health App and Livehealth Online

## Behavioral Health Services

- Video visits with in-network licensed Psychologists, Therapists and board certified Psychiatrists
- Continuity of care between online visit practices
- Self-scheduled appointments, 7 days a week
- Private, easy to access and convenient
- Access via smart phone, tablet or computer





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# Behavioral Health Services

## Commonly Treated Behavioral Health Conditions:

- Stress
- Anxiety
- Depression
- Relationship Troubles
- Grief
- Panic attacks
- Coping with an illness
- Bipolar disorder
- PTSD
- Obsessive Compulsive Disorder



### **New feature:**

Physicians and Therapists can now showcase that they are a LGBTQ safe space ally on their profiles



# Psychiatry VS Psychology Services

## LiveHealth Online Psychiatry

## LiveHealth Online Psychology

<b>Provider types</b>	Board Certified Doctors	Licensed Psychologists and Therapists
<b>Benefit offered</b>	Medication, if necessary after evaluation	Counseling with Psychologists or Therapists
<b>Visit length</b>	30-45 minute initial evaluation. 15 minute follow up sessions if needed for medication review	45 minute counseling sessions
<b>Average wait time</b>	14 days or less	7 days or less
<b>Ages Served</b>	Age 18 and higher	Age 10 and higher

# Emotional Well-Being Resources



**Change your mind. Change your life.™**

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Log in to [empireblue.com](https://www.empireblue.com), go to **My Health Dashboard**, choose **Programs**, and select **Emotional Well-being Resources**.

Effective: 1/1/22

## A wealth of resources at your fingertips



### Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



### Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



### Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



### Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.





# Thank you!

For more information on the mental health services I spoke about today, download the Sydney health app!

