The journey to better mental health starts with a phone call

Your medical benefits

Your Aetna® medical plan pays benefits for treatment and services related to mental health for you or a covered family member. Need guidance to get started? Talk with a behavioral health customer service representative 24/7. They can help you understand your benefits and resources, find a provider, and talk through your care options. If you have an immediate need, they'll guide and connect you with a behavioral health resource. Just call Aetna Member Services at 1-866-983-0051 (TTY: 711).



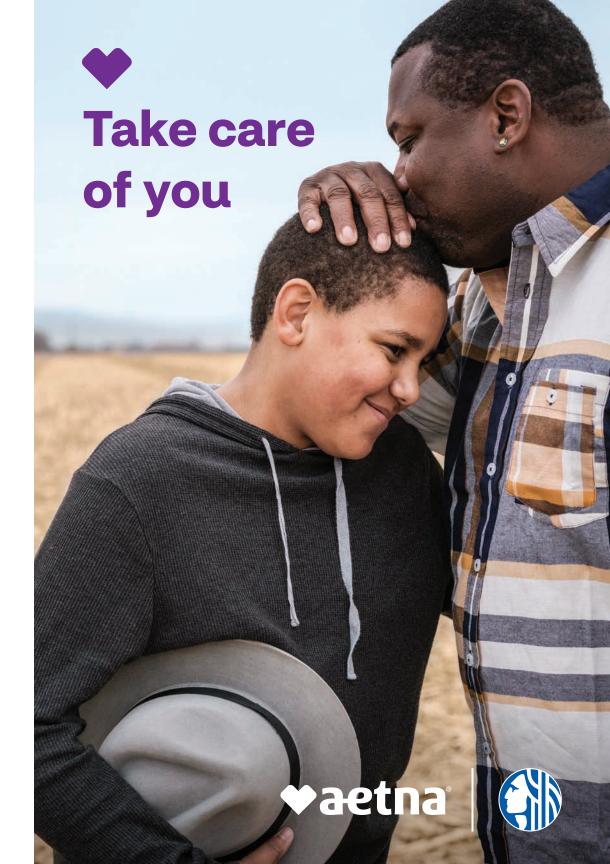
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7404 151 Farmington Avenue. F

Support for your well-being is within reach.

viders are independent contractors an or guarantee access to health services ment by a physician or other health car Aetna.com for more information abou

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A better day starts when you reach out for help

When life gets overwhelming, it's good to know help is available. You may be dealing with a new job or a new baby, a personal or family crisis, or just the stress of daily life. Whatever the issue, the City of Seattle and Aetna® are here for you with services and support. Get to know what's available for your mental well-being.

Depending on your needs, you have access to licensed psychiatrists, psychologists, counselors, social workers, and marriage and family therapists.

These professionals can help with issues such as:

- Stress and anxiety
- Depression
- Substance abuse and addiction
- Family and parenting issues
- Grief and loss
- Eating disorders, and others

In addition to choosing the type of behavioral health professional to work with, you may choose how you want to connect with them:







In person

By phone By web video

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

Program Contact Pricing/charges Prescribing medications **Employee Assistance Program (EAP)** For issues like stress, anxiety Call Resources For Living® There's no cost for your first 3 counseling Because this is for counseling only, or financial hardship, your at 1-888-272-7252 (TTY: 711) or sessions. Additional sessions will be covered no medications can be prescribed. go to ResourcesForLiving.com. EAP provides access to virtual under your medical plan. counseling for you and your family. Username: City of Seattle Password: City of Seattle Aetna® medical plan Schedule an appointment with a To find providers in the network, Sessions are covered as outpatient visits, and Medications can be prescribed. behavioral health professional in log in to your Aetna member cost depends on plan deductible, coinsurance person, by phone or by web video. website at **Aetna.com** and click and the out-of-pocket limit. Remember — you'll pay less when Find Care & Pricing. Average costs: you choose in-network providers. Or call Aetna Member Services \$5 for initial psychiatric evaluation at 1-866-983-0051 (TTY: 711). \$5 for follow-up sessions with a psychiatrist \$5 for each session with a therapist (non-MD) **AbleTo** Struggling with a health condition If you could benefit from this Free — there's no cost to you. Because these are licensed social or personal problem but don't have program, an AbleTo representative workers and therapists, no medications time to visit a therapist? may be in touch. Or you can call can be prescribed. If the member is the program directly at on medication, AbleTo will coordinate With the free and confidential AbleTo 1-844-330-3648.

program, you can talk to a therapist twice a week for 8 weeks. Get help with issues such as grief and loss, depression and anxiety, and caregiver stress.

with the behavioral health team to help find the member a psychiatrist for a medication consult.



Behavioral health condition management

An advocate can help you stay on track with your treatment and services.

Aetna may call you, or you can learn more by calling Aetna Member Services at 1-866-983-0051 (TTY: 711). Free — there's no cost to you.

Medications can be prescribed.