

Mental Health Benefits – “Most” Benefit Program

Know Your Resources



Resources for Living® (EAP)



ACCESS POINTS

Counseling available in office or by video or phone

Counseling available by in-app video or phone only

Counseling available in office, by phone or by video via your care team

6 counseling sessions available in office, by phone or by video



CONTACT INFO

Call Accolade at
1-866-540-5418

Go to
member.accolade.com

Or Aetna.com

Call: 1-855-835-2362
Go to: Teladoc.com
or
Download the Teladoc App

Contact your KP care team
1-888-287-2680

Resourcesforliving.com
username: city of seattle
Password: city of seattle
Call: 1-888-272-7252



COST

Preventive Plan: \$15 copay
Traditional Plan: Deductible and coinsurance apply

Preventive Plan: \$15 copay
Traditional Plan: Deductible and coinsurance apply

Standard Plan: \$15 copay
Deductible Plan: Deductible and \$15 copay apply

No Cost
Up to 6 free visits per issue each calendar year for household members

