

# YOUR EMOTIONAL WELLBEING MATTERS



## Resiliency Resources

**MindCheck**  
Emotional Barometer

**Calm**  
Sleep & Meditation

**MyStrength**  
Emotional Health

**Positivity Center**  
Resource Library

**Prevention Cloud** – Journey videos

## Peer Support

**Prevention Cloud**  
Employee Interest Groups

**Claremont EAP** Virtual Peer Support Groups

## Coaching

**Ginger**  
Text-based Coaching

**Headspace**  
One-on-One coaching support from coaches & clinicians

**Prevention Cloud**  
In person and Telephonic Coaching

**Claremont EAP**  
Tess AI Chatbot

## Short-term Counseling

**AbleTo**  
8-week Coaching Program

**Claremont EAP**  
In-person & Video Counseling

## Therapy/ Psychiatry

**Aetna Behavioral Health Management**  
Therapy & Psychiatry

**Kaiser Behavioral Health Management**  
Therapy & Psychiatry

## Virtual Therapy

**Teladoc**  
Phone & Video Therapy & Psychiatry

**Headspace**  
Video-based therapy & psychiatry services

**BetterHelp**  
Phone, Video, & Text-based Therapy

## Work-Life Balance

Live Mindfulness and meditation classes

Yoga in the park

Claremont EAP  
Dependent Care, Legal Assistance, & Financial Consulting

## Maternity Support

**Enhanced Maternity**  
24/7 Virtual Care for Pregnancy, Postpartum & Baby Care

Emergency Maternity Mental Health Referrals

## 1st Responders

Claremont Short-Term Counseling, Online Wellness Resources, On-Demand Emotional Wellness Support, Online Group Sessions

Peer Support Program

Kaiser Well-Being at your fingertips

Available to ALL employees

Available to Kaiser Members

Available to Aetna Members

Your Benefits, Your Choice.  
You Matter, Be Healthy.

Start  
HERE

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## Preventative Resources

### PreventionCloud

- **Employee Interest Groups** In-person Peer Support Groups
- **Emotional Support Coaching** Phone Coaching focused on skill-building

### Aetna

- **MindCheck** Emotional Wellbeing
- **Healthy Lifestyle Coaching** Digital programs and support for stress, depression, sleep, and more
- **Headspace** Access to immediate mental health support and meditations, guided exercises for sleep, focus, and movement, and more
- **Ginger** Text-based coaching

### Kaiser

- **Calm** Meditation
- **MyStrength** Digital programs and support for stress, depression, sleep, and more
- **Positivity center** Online resources for resilience, mindfulness and meditation, gratitude, self-assessment, and more



## Short-Term Help

### Claremont EAP

- **Positivity Center** Online resources for resilience, mindfulness and meditation, gratitude, self-assessment, and more
- **Tess AI Chatbot** 24/7 text-based emotional support
- **Peer Support Groups** Virtual peer support groups up to 10 sessions
- **WorkLife Services** Dependent care referrals, legal assistance, and financial consulting
- **Mental Health Coaching** Phone & video, skill-building coaching
- **Counseling** In-person & video counseling up to 8 sessions
- **BetterHelp** Phone, video, & text-based therapy

### Aetna

- **Able to provide** 8-week virtual coach and therapy sessions
- **Headspace/Ginger** Text-based one-on-one coaching for skill-building
- **Maternity Support** Emergency maternity mental health referrals

### Kaiser

- **Ginger** Text-based coaching for skill-building
- **Maternity Support** Emergency maternity mental health referrals



## Long-term Help

### Aetna

- **Headspace** Video therapy and psychiatry
- **Teladoc** Phone or video therapy, psychiatry, and counseling
- **Behavioral Health Condition Management** In-person therapy & psychiatry (virtual visits available)

### Kaiser

- **Kaiser Virtual Care** Virtual primary care visits
- **Therapy, Psychiatry, Group Therapy, and Intensive Outpatient** In-person therapy & virtual visits available

Your Benefits, Your Choice. You Matter, Be Healthy.

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## PreventionCloud

<b>Employee Interest Groups</b>	Visit <a href="https://preventioncloud.com">preventioncloud.com</a> and select the “Events” tab to register for a group or take the health assessment to get started
<b>Health Coaching</b>	

## Claremont EAP (Powered by Uprise Health)

<b>Positivity Center</b>	Visit <a href="#">Positivity Center</a> to access the resource library or call 800-834-3773
<b>Tess AI Chatbot</b>	Text “Hi” to 650-825-9634 and enter “Claremont” as your company name to opt-in
<b>Peer Support Groups</b>	Call 800-834-3773 to register for an online support group.
<b>Short-Term Counseling</b>	Call 800-834-3773 to make an in-person or virtual appointment.
<b>BetterHelp</b>	Call 800-834-3773 to access therapy benefits (messages, chat, phone, video, and text-based therapy)

## Aetna

<b>MindCheck</b>	Visit <a href="https://mindchecktoday.com">Mindchecktoday.com</a> .
<b>Aetna Healthy Lifestyle Coaching</b>	Visit <a href="https://aetna.com">Aetna.com</a> or call 1-866-213-0153.
<b>Headspace/Ginger</b>	Text-based coaching for skill-building, video therapy, and psychiatry. Visit <a href="https://help.headspace.com">help.headspace.com</a>
<b>Teledoc Mental Health</b>	Visit <a href="https://teledoc.com/Aetna">Teledoc.com/Aetna</a> or call 1-855-Teladoc (835-2362).
<b>Behavioral Health Condition Management</b>	For more information, please call the number on the on your Member ID Card.
<b>Aetna Enhanced Maternity</b>	Visit <a href="https://aetna.com">Aetna.com</a> or call 1-800-272-3531.

## Kaiser

<b>Calm</b>	Visit <a href="https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital">healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital</a> to access subscription
<b>MyStrength</b>	Visit <a href="https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital">healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital</a> to access resources
<b>Ginger</b>	Visit <a href="https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital">healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital</a> to access resources
<b>Therapy &amp; Psychiatry</b>	Call 650-627-1700 to make an appointment or get advice.
<b>Maternity Services</b>	Visit <a href="https://healthy.kaiserpermanente.org/health-wellness/maternity">https://healthy.kaiserpermanente.org/health-wellness/maternity</a> or call 866-454-8855 to speak with an advice nurse.