

2022

# WELLNESS BEHAVIORAL HEALTH AND EAP

Local Education and Local Government Agencies

**PARTNERS**  
**FOR HEALTH**



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# Wellness Program

## Disease Management

Asthma, Diabetes, Congestive Heart Failure (CHF),  
Chronic Obstructive Pulmonary Disease (COPD) and  
Coronary Artery Disease (CAD)



For more information: [tn.gov/PartnersForHealth](http://tn.gov/PartnersForHealth) under **Wellness**

# Wellness Program

## Diabetes Prevention Program



## 2 Online Programs

- Cigna Omada Program
- BCBST Livongo Program

For more information: [tn.gov/PartnersForHealth](https://tn.gov/PartnersForHealth) under **Wellness**



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# BHO Program Highlights



## Member ID Cards

855.Here4TN (855.437.3486) or HERE4TN.com



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# BHO Program Highlights



## Virtual Visits

- Talk to an in-network provider without leaving your home
- Find support for depression, substance use and more



## Talkspace Online Therapy

- Virtual therapy via the Talkspace app
- All visits are HIPAA compliant and delivered through a secure connection



## Substance Use Preferred Network

- High quality, facility-based care for substance use
- No cost for PPO members and CDHP members have no coinsurance after the deductible is met when a preferred facility is used

855.Here4TN (855.437.3486) or [HERE4TN.com](https://www.HERE4TN.com)

# EAP Program Highlights

## Take Charge at Work

- Confidential program designed to help working adults recognize and manage symptoms of stress and depression at work
- Available at no cost



**Eligibility:** Local Education and Local Government State health insurance plan members, over age 18. Dependents over age 18, eligible for EAP, who are working part/full time

## Virtual Visits



- Talk to a licensed therapist online for your five no-cost EAP counseling visits
- Get confidential care without leaving home



## Talkspace

- Talkspace is available to use for your five no-cost EAP counseling visits

## Sanvello



- App for on-demand help for stress, depression and anxiety symptoms
- Available at no cost as part of your EAP benefits



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Support For Your Life

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# Questions?



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