

FranklinCovey Behavioral Health Resources

Medical Plan Participants

Behavioral Health Office Visits – Inpatient and Outpatient

- HDHP Plan members pay 100% of the cost of the visit until deductible is met, then pay 20% until the out-of-pocket maximum is met.
- PPO Plan members Outpatient Behavioral health benefit is covered at a \$25 copay. Inpatient benefits are the same as the HDHP plan option.
- Locate a provider on myuhc.com site, UnitedHealthcare (UHC) mobile app or by calling member service at 866-314-0335.

Tele-Behavioral Health

- Virtual care with an in-network UHC behavioral health provider.
- HDHP Plan members pay 100% of the cost of the visit until deductible is met, then pay 20% until the out-of-pocket maximum is met.
- PPO Plan members are covered at a \$25 copay.
- Visit myuhc.com > Find Care & Costs > Virtual Care > Virtual Behavioral Health Care > Get Started (or visit the UHC app).
- For members with a current behavioral health provider, consult your counselor or physician to determine if they offer telehealth services.

Self-Care from AbleTo

- Available to UHC participants at no-cost.
- Self Care is a self-help tool that offers coping tools, self-care techniques, meditations and more to help with symptoms of stress, anxiety and depression.
 - Visit ableto.com/begin > Have your health plan ID handy>Follow the steps to sign up>begin your self-care program.

Self-Care from Calm Health

- Available to UHC participants at no-cost.
- The Calm Health app through UHC provides programs and tools to help support your mental health and well-being. Calm Health brings a library of support for a variety of health experiences and life stages. Find tools, music and sounds to help you meditate, find focus, move mindful, join self-guided self-care programs and track your progress.
 - Scan this code to get started. Be sure to sign into your account on myuhc.com or through the UHC app.



All FranklinCovey Employees (regardless of medical enrollment)

Employee Assistance Program (EAP)

- Confidential counseling for short-term personal issues including job pressures, relationship conflicts, stress and anxiety, depression, alcohol and drug abuse, grief and loss.
- Up to three free counseling sessions and unlimited telephonic support – if applicable, longer-term support is transitioned to a UHC provider and is subject to medical plan coverage and guidelines.
- Available 24/7 - Call 800-311-4327 or go to www.guidanceresources.com and enter company name GEN311.

FranklinCovey Behavioral Health Resources

National Hotlines (not associated with FranklinCovey)

National Suicide Prevention Lifeline

800-273-8255

suicidepreventionlifeline.org

Crisis Text Line

Text HOME to 741741

crisistextline.org

Substance Abuse and Mental Health Services Helpline

800-662-4357

samhsa.gov

