



REGIS
UNIVERSITY

Guide to Wellness



At Regis University, we care about you.

That's why we offer resources that support your overall wellbeing. Understanding the resources available to you is just as important as having access to them.

This guide includes: A summary of **\$0 out-of-pocket cost resources** available to employees through the medical plan options offered; information regarding our employee assistance program, and state and national resources.

Health Resources

UHC Medical Plan

Sanvello

Access on-demand and self-help for stress, anxiety, and depression. Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety, and depression—anytime. The Sanvello app is available to you and covered family members age 13 and over at no extra cost. In addition to meditation tools, guided journeys, and a personalized road map, Sanvello also offers anonymous online peer support communities. Visit sanvello.com to learn more and upgrade to Premium at no extra cost: download and open the app, create an account, and choose “upgrade through insurance” and search for and select UnitedHealthcare, then enter the information available on your health plan ID card.

UHC Advocates

UHC Advocates are available to help with questions about a new claim, to find a doctor, to explain benefits, to access additional plan resources and more. To connect with a UHC Advocate call the number on your health plan ID card or sign in to myuhc.com and click on Call or Chat.

Cancer Support Program

The UnitedHealthcare Cancer Support Program (CSP) provides compassionate guidance and answers for you or a family member who's faced with cancer. If preparing for cancer treatment or have already started, a nurse can help navigate treatment options and find a network provider from a high-quality Centers of Excellence (COE) facility. In addition, you can expect that the nurse you work with will be specially trained in oncology for support throughout the treatment journey, can help find answers to questions and with tips on managing symptoms and side effects and help you be informed to make decisions for your health. Call an oncology nurse at **1-866-936-6002** 7am-7pm CT M-F or visit myuhc.phs.com/cancerprograms.

Member Assistance Program (MAP)

Medical issues can take a toll on your work and home life. To help you through difficult times, the UnitedHealthcare Member Assistance Program (MAP) provides you and your family personal and confidential support, 24/7. The program provides unlimited phone access to master's level specialists-24/7, up to 3 referrals for face-to-face counseling sessions, one 30-minute legal consultation and discounts for ongoing services, and one 30-60 minute financial consultation. Call **1-877-660-3806** or visit liveandworkwell.com and use access code FP3EAP.

Real Appeal

Real Appeal is an online weight loss program that provides personal coaching to help you and eligible family members lose weight and keep it off. On average, participants lose 10 pounds after attending just 4 online sessions. Get scales, recipes, fitness equipment and more delivered to your door for \$0 out-of-pocket cost as a part of your health plan benefits. Learn more and start today at Myuhc.com, then: **account>Health & Resource tab>Rally**.

Preventive Screenings and Check-ups

The first proactive step you can take for your health is to identify a Primary Care Provider (PCP) and get scheduled for an annual preventive exam*! A PCP is the doctor who knows you best and who can help guide you to the care you need—for example, age and gender specific recommended screenings. To find a network PCP sign into myuhc.com, then select **Find Care > Medical Directory > People > Primary Care > All Primary Care Physicians**. Locate Premium Care Providers, those who meet national benchmarks for quality and cost efficiency, by looking for the blue hearts near doctors' names.

**Preventive care is covered at no additional cost when you see network providers. Please note, even when your appointment is for preventive care, your doctor may recommend other services during the exam that are not preventive. Talk with your provider about recommended services to ensure you are aware of coverage details.*

Talkspace*--cost share applies based on UHC medical plan selected

Something on your mind? Message a dedicated therapist anytime, anywhere. No office visit required. Start therapy within hours of choosing your therapist and message your therapist whenever, no appointments necessary. Talkspace is convenient, safe and secure. Real-time face-to-face video visits available by appointment, when needed. You can also access Talkspace Psychiatry to schedule live video sessions with a psychiatrist trained in mental health care and prescription management for a tailored treatment plan. To get started, register, and choose a provider at talkspace.com/connect. After you register, download the Talkspace app on your mobile phone.

**Data rates and plan design co-payment may apply and will be charged weekly via credit card.*



Please remember, in the case of immediate danger, suicidal thoughts or plans, and extreme risk call 911.

Health Resources

Kaiser Medical Plan

Calm

Calm is an app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety, and improve quality sleep. Get the app at kp.org/selfcareapps.

myStrength

myStrength offers personalized programs with interactive activities, daily health trackers to monitor and maintain your progress, in-the-moment coping tools, and more. It's designed to help you set goals and work towards them in ways that work for you—by making positive changes that support your mental, emotional, and overall well-being. Get the app at kp.org/selfcareapps.

Ginger

Get the emotional support you need—whenever you need it. Ginger's highly trained emotional support coaches are accessible 24/7 for members 18+ years of age. KP members can use Ginger for 90 days per year at no cost, no referral needed. Download Ginger now at kp.org/coachingapps/co.

Wellness Coaching

Get one-on-one guidance and support from a dedicated wellness coach who can help you set goals, stick to them, and, most importantly, see results—all from the comfort of home. Partnering with a wellness coach can help you lose weight, reduce stress, quit tobacco, eat healthier and increase activity. Call **720-536-7753** to make an appointment. Learn more at <https://healthy.kaiserpermanente.org/colorado/health-wellness/wellness-coaching>.

Online Chat with a Mental Health Specialist

Connect online, in real time, for assistance with mental health concerns or questions. Get help with questions about stress, depression, worry, loneliness or sadness, unhealthy drinking, drug use and other mental health concerns. Mental Health Specialists can also schedule a behavioral health appointment for you, if needed, and you can use chat for support in between appointments. To access chat, visit kp.org/getcare and choose online chat or access via the Kaiser Permanente mobile app.

Virtual Therapy Visits via Amwell

Schedule a one-on-one video counseling session with an Amwell Therapist, no referral needed. The therapists you see online can help support you through life's challenges, such as: stress, anxiety, depression, PTSD, OCD and other mental health concerns. To schedule a 45-minute counseling session visit kp.org/getcare and select "Mental health video visit (scheduled) with an Amwell therapist" then look for the scheduling link.

ClassPass

Access on-demand video workouts at no cost, including cardio, dance, meditation, bootcamp, and more, plus receive reduced rates on livestream and in-person fitness classes. Get started at kp.org/exercise.

Healthy Lifestyle Programs

Personalized, online programs available to help you create an action plan to reach your health goals. Complete your Total Health Assessment first and based on your results, you'll find advice, encouragement, and tools that can help you make healthier lifestyle choices. Topics include healthy eating, sleeping better, quitting smoking, and more. To get started, visit <https://healthy.kaiserpermanente.org/colorado/health-wellness/health-assessment>.

Monthly Well-being Events--Mindful Mondays and Wellbeing Wednesdays

Mindful Mondays are monthly classes designed to help you combat stress and build resilience. Well-being Wednesdays are monthly health education classes designed to help you build your overall physical and emotional well-being and cover a wide variety of topics. You can also sign up for additional in-person, over-the-phone, and online programs and classes by visiting <https://healthy.kaiserpermanente.org/colorado/health-wellness/classes-programs>.



Health Resources

Employee Assistance Program (EAP)

Emotional wellbeing and work-life balance resources to keep you at your best

SupportLinc offers expert guidance to help you and your family address and resolve everyday issues.



In-the-moment support

Reach a licensed clinician by phone 24/7/365 for immediate assistance.



Financial Expertise

Consultation and planning with a financial counselor.



Legal Consultation

By phone or in-person with a local attorney.



Short-term counseling

Access up to eight (8) no-cost counseling sessions, in-person or via video, to resolve stress, depression, anxiety, work related pressures, relationship issues or substance abuse.



Convenience Resources

Referrals for child and elder care, home repair, housing needs, education, pet care and so much more.



Confidentiality

Strict confidentiality standards ensure no one will know you have accessed the program without your written permission except as required by law.

Start with Navigator

Take the guesswork out of your emotional fitness. Visit supportlinc.com or use your mobile app to navigate and complete the short Mental Health Navigator survey. You'll immediately receive personalized guidance to access support and resources.

Download the app by searching for eConnect Mobile (Curalinc Healthcare) in the app store.



Convenient, on-the-go support

- **Textcoach**® – Personalized coaching with a licensed counselor on mobile or desktop.
- **Animo** – Self-guided resources to improve focus, wellbeing and emotional fitness.
- **Virtual Support Connect** – Moderated group support sessions on an anonymous, chat-based platform.

Your web portal and mobile app

- The one-stop shop for program services, information and more.
- Discover on-demand training to boost wellbeing and life balance.
- Find search engines, financial calculators and career resources.
- Explore thousands of articles, tip sheets, self-assessments and videos.



Call the EAP at **888.881.5462** or visit supportlinc.com (group code: regisuniversity)

State & National Resources

Colorado Crisis Services. Available 24/7/365. Provides free, confidential, and immediate support. The line is staffed 24/7 with licensed mental health clinicians and peers. Call **1-844-493-TALK (8255)**, text **TALK** to **38255**, or visit <https://coloradocrisisservices.org>.

211 Colorado Community Resources. Dial 211 to be connected to resources/support or visit <https://www.211colorado.org/>.

988 Suicide & Crisis Lifeline. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Call the 988 anytime 24/7 or chat online at <https://988lifeline.org/talk-to-someone-now/>.

Gay, Lesbian, Bisexual, and Transgender (GLBT) National Help Center. A nonprofit organization dedicated to meeting the needs of the gay, lesbian, bisexual, and transgender community and those questioning their sexual orientation and gender identity. Call **1-888-THE-GLNH (1-888-843-4564)** or visit <https://www.glbthotline.org/>.

SAMSHA, Substance Abuse and Mental Health Services Administration. SAMSHA's National Helpline is a free, confidential, 24/7/365 treatment referral and information service, available in English and Spanish, for individuals and families. Visit <https://www.samsha.gov/find-help/national-helpline>.

Please remember, in the case of immediate danger, suicidal thoughts or plans, and extreme risk call 911.