
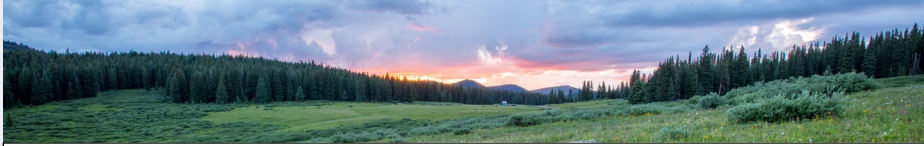


# MENTAL HEALTH RESOURCES AT RMR

SERVICE	PROVIDER	ELIGIBILITY	DESCRIPTION	WHERE TO FIND IT	ADDITIONAL INFO
<b>Employee Assistance Program (EAP)</b>	ComPsych through SunLife	All RMR employees are eligible to register and use these services.	<p>The EAP gives 24/7 access to free and confidential help with personal, family and work issues. There are features to help you search for elder care, childcare, attorneys, college/universities and counselors. The EAP also gives wellness, relationship, financial, legal, lifestyle and home and auto advice.</p> <p>This program includes 3 free consultations.</p>	<p><a href="#">EAP Link</a> 877-595-5281</p> <p>Under REGISTER, enter Organization Web ID: <i>EAPBusiness</i></p> <p>Type in <i>The R</i> and choose The RMR Group from the drop-down menu.</p>	<p><a href="#">EAP Flyer</a> QR Code to download app:</p> 
<b>Telehealth Consultation</b>	BCBS MA*	All BCBS plans through RMR come with access to Telehealth, which can be used for common medical issues, including mental health issues.	Through Telehealth, you can be seen in minutes or schedule an appointment for treatment for depression, anxiety, child behavioral issues and much more.	<p><a href="#">Click Here for Telehealth Info</a> <u>800-358-2227</u></p>	Sign up <a href="#">online</a> or download the <a href="#">MyBlue app</a> to have all your health insurance info in one place. This includes viewing plan and coverage details, finding doctors, tracking claims, access to member ID cards, downloading tax forms and telehealth services.
<b>In-Network Mental Healthcare Provider</b>	BCBS MA*	<p>All BCBS members can sign up for MyBlue and use the Find a Doctor function to find in-network medical professionals.</p> <p>BCBS MA has partnered with independent mental health practices (listed in the next column) to provide additional coverage.</p>	<p>When looking for a therapist or mental healthcare professional, a good starting point is often your primary care provider (PCP). However, you do not need a PCP referral to seek help with your mental health.</p> <p>Click the Find a Doctor link in the next column and type in the category of mental healthcare professional you are hoping to find. This service helps to ensure that you are using a professional that is in-network and accepts your health insurance.</p> <p><a href="#">Valera Health</a> - virtual and in-person appointments in Central MA (accepts patients 6+, with 5 providers).</p> <p><a href="#">Thriveworks</a> - virtual and in-person appointments in Greater Boston and Central MA (accepts patients 5+, with 275+ providers).</p> <p><a href="#">Refresh Mental Health</a> - virtual and in-person appointments in Greater Boston (patients 4+, with 100+ providers).</p> <p><a href="#">Headway</a> - virtual and in-person appointments in Eastern MA (patients 6+, with 175+ providers).</p> <p><a href="#">Virtual Therapy and Psychiatry</a> - live video appointments from your home (therapy for ages 10+/psychiatry 18+).</p> <p><a href="#">Learn to Live</a> - confidential, self-guided programs to help with social anxiety, depression, insomnia and other mental conditions (24/7 through MyBlue).</p>	<p><a href="#">Find a Doctor</a></p> <p>To find a doctor outside of Massachusetts, call: 1-800-810-BLUE (2583)</p> <p>Sign into MyBlue and click Online Mental Health Tool under My Plan and Claims to find BCBS's program.</p>	<p>BCBS recommends that you make a list of 3-5 professionals to call and see whether they might be a good fit for you.</p> <p>Some additional useful links: <a href="#">Advice from BCBS on Finding a Therapist That Works for You</a> <a href="#">BCBS Mental Health Articles and Videos</a></p>

\*Most consultations subject to copay.

# MENTAL HEALTH RESOURCES AT RMR (cont.)



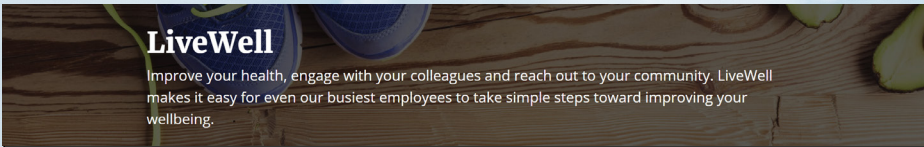
For those in the **Newton office**, the City of Newton has a great website with mental health resources, accessible [here](#).

For those in the **regional offices**, the National Institute for Mental Health has a comprehensive list of nationwide resources [here](#).



We make  
healthcare  
easier

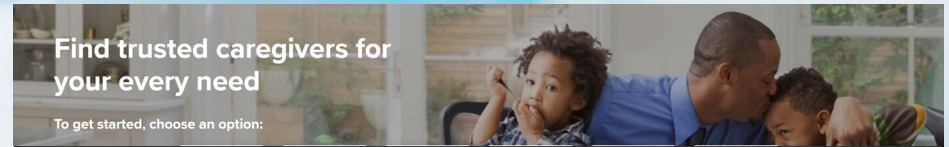
If you ever require further advice on navigating mental healthcare services, **Health Advocate** is our 24/7/365 resource to provide you with one-on-one benefits consultation, especially when it comes to finding in-network care and understanding your claims and the resulting bills. Visit their website [here](#) or call **866-695-8622**.



## LiveWell

Improve your health, engage with your colleagues and reach out to your community. LiveWell makes it easy for even our busiest employees to take simple steps toward improving your wellbeing.

RMR's **LiveWell** program provides bimonthly challenges featuring activities on mindfulness, exercise and social engagement with your coworkers – all key parts to maintaining a healthy mind. Access the platform [here](#).



## Find trusted caregivers for your every need

To get started, choose an option:

RMR also provides a **Care.com** subscription to help you find childcare, eldercare, tutoring, housekeeping, pet care, and daycare to take one more stressor out of the equation. It is a great resource to help lighten your mental load. RMR-specific Care.com info can be found [here](#).