



# SHINE A LIGHT ON MENTAL HEALTH

## Your mind matters

One in five adults will experience a mental health issue this year. Check in with your loved ones—and with yourself—from time to time. Talking openly about mental health can help eliminate the stigma around it, and it can help those who suffer feel better.

Another known way to improve your emotional wellbeing is by managing stress appropriately. Learn to recognize signs of your body's stress response, get regular exercise, try relaxing activities, set goals and priorities and connect with others.

**At RWU , the health and well-being of our employees is essential to being a thriving community that is fully engaged and interconnected.**

We strive to help employees manage stress, build resilience and grow your overall wellbeing by offering a wide spectrum of programs, services, tools, and resources to meet your needs.

*Continue reading to learn more about resources as your fingertips.*

### Quick tips for improved mental wellbeing:

- **Be kind to yourself** and always remember the basics, like good sleep, exercise and nutrition.
- **Focus on what you can control** and set limits to your social media and exposure to the news.
- **Stay connected.** Life's stressors can feel a lot lighter with support from friends and family.
- **Start a mindfulness practice.** It could be as simple as closing your eyes and focusing on your breathing for a few minutes each day.

# Support is right at your fingertips



Work-Life Balance



Financial Wellness



Virtual Counseling



Behavioral Health & Substance Use

**Generous Paid Time Off Encourages Work/Life Balance** We offer generous paid time off benefits, including vacation days, sick days, and holidays plus other time off benefits. We encourage our employees to use their available annual leave for rest, relaxation and personal pursuits.

**Worksite Wellness Activities\*** Our partnership with BCBSRI & Virgin Pulse provides mindfulness training with self-guided videos and live workplace sessions one Monday a month, beginning in 2024. Learn more by downloading [Virgin Pulse](#) and going to the Media library, or register for Mindful Mondays in the Event Calendar. Complementary Health Coaching is also available.

**Taking the Stress out of Retirement** Financial stress is the number one driver of mental health stress. Through a partnership with TIAA and Corebridge (formerly known as VALIC), RWU offers free monthly financial counseling, either virtually or on campus. Check your email for the monthly announcements from HR with details about dates and how to register for an appointment. Other helpful tools are Corebridge's "Future Fit" at <https://surveys.lifeandretirement.aig.com/quiz/6/take> and TIAA's "Am I On Track to Retire?" <https://vision.tiaa.org/public/vista/getontrack/home>

**Employee Assistance Program (EAP)** For help with personal concerns, RWU provides a no-cost, confidential, mental health service for employees and their families through New Directions. Professional mental health counselors are available 24 hours a day, 7 days a week to assist you. Counselors provide assistance a wide range of issues. Access to legal and financial professionals is also available. No enrollment is necessary. Learn more by calling [800-624-5544](tel:800-624-5544) or going to <https://eap.ndbh.com>. Once on the site, enter the Company Code: RWU.

**Teledoc myStrength Mental Health Coaching & App\*** New this year, get access to a free flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep and more. Additional live coaching available based on eligibility. More details p. 3

**Doctors Online\*** Blue Cross makes it easy to visit a therapist or psychiatrist on your smartphone, tablet, or computer. Talk with a healthcare professional from your home, office, or wherever you are. Search "BCBSRI Drs. Online" from the App Store or Google Play or visit [www.drs-online.com](http://www.drs-online.com).

**Behavioral Health Case Management\*** Through Blue Cross, independently licensed mental health and substance use disorder professionals work with you and your family, at no-cost, to coordinate care and connect you with resources and services you need. They also review any medications you are taking and make sure you understand what they are for and how to take them. Call 1-800-274-2958.

*\*available to those enrolled in a Blue Cross plan through RWU.*

For more questions regarding your medical, dental, and vision benefits, call Human Resources at 401-254-3028 or email [human\\_resources@rwu.edu](mailto:human_resources@rwu.edu).

You will be confidentially directed to the appropriate HR team member who will assist you.



## Get the emotional health support you want and deserve

Discover MyStrength, a flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep and more.

At no cost to you

### MyStrength empowers you with:



**Personalized plan.** Answer a series of questions and MyStrength will create a plan designed just for you.



**Recommended digital content and resources.** Explore self-guided activities and tools based on your goals and needs.



**In-the-moment tools.** Calm yourself down, shift your thinking, get inspired and feel more hopeful.

Teladoc Health takes your privacy seriously. Your health information is protected by federal and state laws, including HIPAA. Please see our [Notice of Privacy Practices](#) for more information on how Teladoc Health uses your health information.

## Get started

You can join by visiting [Strength.Livongo.com/BCBSRI-FI/hello](https://Strength.Livongo.com/BCBSRI-FI/hello) or call **800-945-4355** and use registration code: **BCBSRI-FI**

MyStrength is not a healthcare provider and does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc. See the Terms of Service for more information.

Program includes trends and support on your secure Livongo account and mobile app but does not include a tablet or phone.

This program is offered at no cost to individuals and their eligible dependents who have coverage under one of the Blue Cross & Blue Shield of Rhode Island (BCBSRI) medical plans and meet specific health criteria. You are receiving this notification because you may qualify for the program.

Livongo is an independent company that has contracted directly with Blue Cross & Blue Shield of Rhode Island (BCBSRI) to provide diabetes management, weight management and other health benefit programs for eligible BCBSRI members.

The Livongo program is a self-management program and does not replace medical care by a physician. Only members with certain conditions are eligible for these benefits. For more information, contact (800) 945-4355.

## Programs and services available with your BCBSRI health plan

Your provider can recommend a treatment plan that will work best for you. It may include the programs and services described below, which are covered by your BCBSRI plan.

### Individual Treatment



#### OFFICE VISITS

*For members with less severe symptoms*

- Typically once a week, although provider may suggest a different schedule
- Visits with psychiatrists, psychologists, and counselors

### Individual and Group Treatment



#### INTENSIVE OUTPATIENT PROGRAMS

*For members who would benefit from learning to manage their health in a structured environment*

- Typically three days per week, three to four hours per day
- Less restrictive than partial hospitalization or inpatient care, enabling member to continue work/school
- May include the member's family

#### PARTIAL HOSPITALIZATION PROGRAMS

*For members at risk for hospitalization or who were recently hospitalized*

- Typically five days per week, five hours per day
- No overnight stay required

#### RESIDENTIAL CARE

*For members who need additional support to manage their symptoms and live in the community*

- Typically a short-term stay in a residential setting close to a member's home until they stabilize and can return to the community
- Option for members who don't need 24/7 care

#### INPATIENT CARE

*For members in crisis or who have severe symptoms*

- 24/7 care in a hospital setting, typically lasting a few days
- Daily visits by a team of professionals
- Crisis Stabilization Unit (CSU): CSU provides short-term care for members who are experiencing an acute psychiatric and/or substance use crisis.