



Benefits Newsletter November 2020 Volume 2

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HELP IS AT
YOUR
FINGERTIPS

MENTAL / BEHAVIORAL HEALTH RESOURCES

During times of uncertainty, it can be more important than ever to reach out for help with mental health related concerns. The following information highlights a few resources available to all District employees and those enrolled in the District's medical insurance.

Harrison School District Two Employee Assistance Program (EAP):

When you need some extra support, it's reassuring to know that the Cigna Employee Assistance & Work/Life Support program is always just a call or click away. The program offers:

- * Confidential referral services for behavioral health care
- * Child care
- * Senior care
- * Pet care
- * Legal consulting
- * And more at no additional cost

District employees and their household members also have access to 1-5 free counseling session with an EAP provider. These free sessions are per issue and can be used for topics such as stress management, depression concerns, marital and family counseling, and more.

District employees and their household members can access this valuable benefit, regardless of enrollment status in medical insurance with the District. The EAP is available 24/7 – call 1-877-622-4327 or visit www.mycigna.com. For

initial registration, the Employer ID is *harrisonschooldistrict2*.

Cigna Insurance Members:

* Introducing **Talkspace** – Talkspace is convenient, safe and secure online therapy from any location and is billed to insurance the same as an in-person visit. This program connects members to a dedicated, licensed therapist via private messaging (text, voice, video) or live video session. The platform is fully HIPAA-compliant and uses banking-grade encryption to protect data.

Talkspace treats a wide range of behavioral conditions including depression, anxiety, PTSD, addiction, eating disorders, and more. After verifying benefit eligibility, members complete an intake assessment to review and choose from a custom list of therapist matches. The iOS or Android app can be downloaded, and messaging can begin the same day as registration. Visit talkspace.com/cigna to register.

* Introducing **Meru Health** – Meru Health is an online mental healthcare provider that offers a 100% confidential 12-week program to educate and guide members in areas such as cognitive behaviors, mindfulness and breathing practices, sleep hygiene, nutrition, and stress management. Members also have access to a dedicated licensed therapist, a psychiatrist for medication oversight, anonymous peer groups, and more.

The entire Meru Health program is equivalent to 13 in-person visits on the District's Cigna insurance plans. The program is HIPAA-compliant via an encrypted app – all identifiable information will remain confidential. Visit www.meruhealth.com/cigna to register.



LIFE INSURANCE

Periodically reviewing your life insurance enrollment information can be helpful, regardless of whether you're enrolled with the District or have coverage elsewhere. Make sure to update your beneficiary designations as needed and check your benefit amounts to ensure adequate coverage. If you have life insurance through the District (provided by Lincoln Financial Group), contact the


Benefits office for election information or a new Beneficiary Designation form. If you need to make changes to your current elections, you can do so at annual open enrollment in the spring of 2021.

FAST FACT

The Cigna medical plans offered by the District have a calendar year (January-December) deductible for all prescriptions except generic drugs. The deductible is \$100 for an individual and \$200 for a family.

NEXT MONTH'S BUZZ

- *Preventative Care Benefits
- *Flexible Spending Accounts
- *Fast Fact



Feel free to contact
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lbrandenstein@hsd2.org if
you'd like to submit an
insurance article or idea for
an upcoming newsletter.

All Benefits information can be found by logging into www.HSD2.org. Hover over the Staff tab and select Benefits. Navigation options are on the left.

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