



A SUMMARY OF MENTAL HEALTH SUPPORT RESOURCES

Focus, motivation, and tranquility are qualities we strive for, but sometimes stress, anxiety, or depression can get in the way. Activision Blizzard provides an array of mental health resources to help you improve your mental wellbeing.

Spring Health

Spring Health offers a suite of mental health services and offers a personalized approach to getting you the support you need. You start with an [online assessment](#) to find the right care options for you. Your designated **personal Care Navigator**, a licensed clinician, will be there to support you by explaining the choices within Spring Health, giving advice, connecting you to a therapist, and setting appointments for you. Your Care Navigator will be there every step of the way to support your journey and help you navigate this benefit.

Spring Health also offers support through **Moments**, a library of digital wellness exercises to support your mental well-being. Join Spring Health experts for [WellSprings Conversations](#) and member-facing webinars, which will be promoted on [The Hub](#). Additionally, Spring Health offers professional coaching to help with setting and reaching goals, resources for legal, financial, and childcare assistance, and more, all within a highly personalized and technology-enabled environment.

Spring Health is a completely free offering. We have partnered with them to provide employees and their covered dependents up to 8 therapy sessions covered at no cost each year. In addition to providing services to adults, Spring Health also has counselors who specialize in counseling for dependents aged 6 - 17. **To get started with Spring Health, visit abk.springhealth.com**

BetterHelp Unlimited Counseling

BetterHelp is the world's largest network of licensed, accredited, and experienced therapists with experts in many areas including depression, anxiety, and trauma. As part of our commitment to promoting a safe, inclusive environment, a new benefit for the remainder of 2022 is available through BetterHelp. If you have been affected by sexual harassment, discrimination (including pregnancy discrimination) or related retaliation in your career at ABK or in a prior job, you are eligible to receive free unlimited counseling for the remainder of this year. Utilizing this resource will not require you to verify that you have been affected by sexual harassment, discrimination, or related retaliation. ABK will not be asked to verify eligibility for these reasons, nor will ABK be informed who utilized this benefit.

How to Access BetterHelp

This is a separate offering from the general EAP through Magellan. Please use the instructions below to access these services.

1. Go to <https://www.betterhelp.com/Magellan> and click on "Get Started"
2. Submit your first name, last name, email address, and company
3. Once submitted, you will receive an email titled "Here is your online counseling invite from Magellan Healthcare." Click the link that says "Click Here to Get Started."
4. Complete your registration questionnaire and you can begin messaging a therapist through your browser or the BetterHelp app. Typically, appointments are available within 24-48 hours.

Magellan Employee Assistance Program (EAP)

Our EAP provides helpful tools, resources, and services to help you live well. From help with simpler issues, like managing stress, to more difficult ones like the loss of a loved one, Magellan is there to support you when you need it most. Employees and their household members get up to 8 free face-to-face or virtual confidential counseling sessions per issue, per 12 months. Available 24/7, simply call 1-800-327-2593 for referrals to nearby counselors or visit the [website](#) for online support.

Additionally, you will have access to a **new concierge service** through the EAP to help you locate resources in your area. The first time you contact the EAP program about counseling, a Magellan member will offer to take your information and contact providers directly to find the first available appointment for you.

BetterHelp

BetterHelp virtual therapy is available through our Magellan EAP and allows you to access therapy quickly (typically within 24 hours) via text message, live chat, phone conference, and video conference. Virtual therapy sessions count towards the 8 free EAP sessions. To get started, register, and complete the questionnaire online at [BetterHelp.com/Magellan/](https://www.betterhelp.com/magellan/) or call Magellan at 1-800-327-2593 to speak with a representative who will walk you through the process.

AbleTo

AbleTo helps you manage stress, depression, and anxiety remotely. In just a few minutes, AbleTo can identify how you can improve your mental health from basic tips and tricks to four and eight-week Cognitive Behavioral Therapy (CBT) session with personal coaching that provides 1:1 emotional support, accountability, and guidance. If you prefer to see a therapist*, AbleTo also offers a virtual concierge service to help you find one that suits your specific challenge. Castlight eligible employees and spouses/domestic partners gain access through the Castlight app ([iPhone](#) or [Android](#)). Dependents ages 14+ enrolled in our medical can use code: ABLETO+AB on the [website](#) to access.

**Please note that there may be costs incurred with seeing a therapist, depending on your medical coverage.*

Total Brain

Total Brain can help you get ahead of the mind's natural response to fear and uncertainty. This benefit provides personalized mind training exercises to boost your emotions and improve your ability to remain focused, NeuroTunes-music designed to calm your mind, Cognitive Behavioral Therapy (CBT), and a library of meditation and breathing exercises. Castlight eligible employees and spouses/domestic partners gain access through the Castlight app ([iPhone](#) or [Android](#)).

Rethink

Rethink gives you 24/7 access to consultations with a dedicated behavior expert and unlimited use of the website filled with step-by-step videos, resources, and exclusive content developed to help families raising children with learning, social or behavioral challenges, or developmental disabilities. Rethink is available at no cost to all employees and their family members. Watch a brief overview of Rethink [here](#). To get started, visit the [website](#) and use enrollment code: ABK or text RETHINK to 797979. After you've enrolled you can access Rethink through the app ([iPhone](#) or [Android](#)).

Doctor on Demand

Doctor on Demand allows you to connect with a board-certified psychologist or psychiatrist (typically within 1-5 days) and manage medications via tele-video. Psychology and psychiatry visits are \$20 for users on the Collective Health PPO 500 and In-Network medical plans. For users on the Collective Health CDHP medical plan, psychology visits are \$79/\$129 (25/50 min) and psychiatry visits are \$229/\$99 (initial/follow-up) if you have not met the deductible (the plan covers 80% of the cost after the deductible has been met). Psychology and psychiatry visits are \$0 for users on the Centivo Coordinated Care medical plan. Simply download the app ([iPhone](#) or [Android](#)) or visit the [website](#) for more information and use these [instructions](#) to sign-up.

Workit Health

Workit Health allows you to receive expert addiction support from a licensed counselor via live chat and video. Their recovery counselors help you moderate or quit drinking, drugs, smoking, or behaviors like gambling. All Workit Health online therapy programs are available at no cost to employees, spouses/domestic partners, and dependent children age 18+ enrolled in our medical plan. To get started, download the app ([iPhone](#) or [Android](#)) or visit the [website](#), select Online Therapy, and enter the Employer Code: WorkitABK.

New to Castlight and want to access AbleTo or Total Brain? Download the Castlight app ([iPhone](#) or [Android](#)) or visit the [website](#) to register (do not use SSO) using your name, birthdate, and employee ID. You can find your employee ID in [Workday](#) next to your name. If your spouse/DP is eligible to participate they can register for Castlight using your ID + S (Ex. 59999S). More information can be found in the [Benefits@Play FAQ](#).

Not sure where to start? [Wellthy](#) can help manage and coordinate care for yourself and your loved ones. With Wellthy, you'll get connected with a Care Coordinator who has the skills and experience that match your needs. Your Care Coordinator will create a personalized plan for you and get to work researching, calling, and getting things done, so you can focus on taking care of yourself and your loved ones. Wellthy is available at no cost to all full-time regular employees. To get started, visit the [website](#) and register or call 1-877-588-3917.

NOTE: These programs maintain complete confidentiality of your personal information and utilization. Use of these programs is completely voluntary.

Your Medical Plan is also a great resource of support for your mental wellbeing. Whether you have a **Collective Health, Centivo, or Kaiser** medical plan, you can access outpatient, inpatient, and telemedicine services. Below is a summary of the services provided under each plan.

Mental Health, Behavioral Health, or Substance Abuse Services

Medical Plan	Services You May Need	What You Will Pay		Limitations, Exceptions, & Other Information
		In-Network Provider (You will pay the least)	Out-of-Network Provider (You will pay the most)	
Collective Health CDHP 	Outpatient	Office Visits: 20% co-insurance after deductible Telemedicine: 20% co-insurance after deductible	50% co-insurance after deductible	Office Visits: Subject to deductible. Out-of-network: Subject to balance billing. Intensive Outpatient: Subject to deductible. Out-of-network: Subject to balance billing. May require prior authorization.
	Inpatient	20% co-insurance after deductible	50% co-insurance after deductible	Subject to deductible. Out-of-network: Subject to balance billing. May require prior authorization.
Collective Health PPO 500 	Outpatient	Office Visits: \$20 copay/visit Telemedicine: \$20 copay/visit Intensive Outpatient: 10% co-insurance after deductible	30% co-insurance after deductible	Office Visits: In-network: Deductible does not apply. Out-of-network: Subject to deductible and balance billing. Intensive Outpatient: Subject to deductible. Out-of-network: Subject to balance billing May require prior authorization.
	Inpatient	10% co-insurance after deductible	30% co-insurance after deductible	Subject to deductible. Out-of-network: Subject to balance billing. May require prior authorization.
Collective Health In-Network 	Outpatient	Office Visits: \$20 copay/visit Telemedicine: \$20 copay/visit Intensive Outpatient: No charge	Not covered	Intensive Outpatient: May require prior authorization.
	Inpatient	\$300 copay/admission	Not covered	May require prior authorization.
Centivo Coordinated Care	Outpatient	\$0 copay	50% after deductible	In-Network care must be coordinated through PCP. Non-PCP directed care is subject to deductible.

<p>(So. CA only)</p> 	Inpatient	\$0 copay	50% after deductible	In-Network care must be coordinated through PCP. Non-PCP directed care is subject to deductible.
<p>Kaiser HMO (CA only)</p> 	Outpatient	Mental / Behavioral Health: \$20 / individual visit. No Charge for other outpatient services, Substance Abuse: \$20 / individual visit. \$5 / day for other outpatient services	Not covered	Mental / Behavioral Health: \$10 / group visit; Substance Abuse: \$5 / group visit.
	Inpatient	\$250/admission	Not covered	None

Need help finding a provider?

- Collective Health members can log into the [Member Portal](#) or call 844-803-0208 to speak with a Member Advocate.
- Centivo members can visit the [website](#) or call 833-666-1322.
- Kaiser members can visit the [website](#) or call 800-464-4000.

Questions? Visit the [Mental Health Resources Hub page](#), www.benefitsforeveryworld.com or email benefits@activisionblizzard.com