



## 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 well-being.

### Spring Health (Employee Assistance Program)

Spring Health offers a suite of mental health services and offers a personalized approach to getting you the support you need. Spring Health can provide coaching and counseling addiction support confidentially. 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 free offering available to all employees, regardless of employment status and medical enrollment. We have partnered with them to provide employees and their covered dependents up to 10 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](http://abk.springhealth.com) or download the Spring Health mobile app.

Work-life code: abk

Contact Spring Health: [springhealth.com/support](http://springhealth.com/support) or 1-855-629-0554

General support: M-F, 8 AM -11 PM ET / Crisis support: 24/7 (press 2)

### 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. To enroll, Castlight eligible employees and spouses/domestic partners will need to complete the steps in the Total Brain program actions within Castlight to download the app ([iPhone](#) or [Android](#)).

### RethinkCare

RethinkCare 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. RethinkCare 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. During registration, you only need to provide your name,

email address, and phone number is optional. After you've enrolled you can access RethinkCare 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 fees are free for Centivo Coordinated Care Plan participants and \$20 for users on the Collective Health PPO 500/In-Network plans. Under the Collective Health CDHP 20% coinsurance will apply once the deductible has been met. Simply download the app ([iPhone](#) or [Android](#)) or visit the [website](#) for more information and use these [instructions](#) to sign up.

**New to Castlight and want to access Spring Health 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, regardless of medical enrollment. To get started you will need to provide your name and work email address (you'll need access to your email to verify your account), visit the [website](#) and register or call 1-877-588-3917. You will then enter in basic information about yourself or the person you are supporting so Wellthy can learn a little bit more about your care support needs.

### **Wellhub (formerly Gympass)**




You can take advantage of [Wellhub's](#) unlimited Partner Apps for mental health and motivation (Headspace, Commune, Mindshine, and more), meditation and sleep support (Calm, Zen, Wellness Coach, and more), as well as therapy (iFeel, Healing Clouds). To use the Partner Apps you just need to have an active Wellhub plan. After activating your plan, log into the app, and select *Apps* on the *Explore* tab. Then just select the app you want and follow the activation instructions. Remember to use the same Wellhub login e-mail address when creating an account in the chosen app.



**Leave of Absence Support** - The Benefits team has a dedicated leave specialist to provide guidance and support should you need time off under a continuous or intermittent medical leave of absence. To learn more, please visit [Family Caregiving \(benefitsforeveryworld.com\)](#) or reach out to [leaves@activisionblizzard.com](mailto:leaves@activisionblizzard.com).

*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.

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)	
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.
	Inpatient	\$0 copay	50% after deductible	In-Network care must be coordinated through PCP. Non-PCP directed care is subject to deductible.
Kaiser HMO 	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](#), <http://www.benefitsforeveryworld.com/> or email [benefits@activisionblizzard.com](mailto:benefits@activisionblizzard.com)