

To stay healthy, you need to take care of your body and mind. MDLIVE makes it easy and affordable for you to get the support you need with telebehavioral health benefits and online resources

Virtual care visits from MDLIVE.

If you are enrolled in a Devereux medical plan, through IBX, you have access to care from therapists, psychologists, and psychiatrists who can help with concerns like anxiety, depression and panic disorders. With telebehavioral health from MDLIVE, you can have a confidential visit in the comfort of your home, or wherever you are. Choose to have your virtual care visit by video chat, using the MDLIVE website or mobile app, or by phone

How to activate your account

Registration is quick and easy. There are several ways to activate your MDLIVE account so you're ready for a virtual visit when you need one:



Text **IBX** to **635-483** to chat with Sophie, a virtual assistant who will help you sign up



Download the MDLIVE app on a smartphone or tablet



Visit [mdlive.com/ibx](https://www.mdlive.com/ibx)



Call **1-877-764-6605**

Independence 



Your new mindfulness benefit – eM Life is a live, virtual, mindfulness solution to assist you in building skills to manage stress, anxiety, improve focus and enhance your overall wellbeing

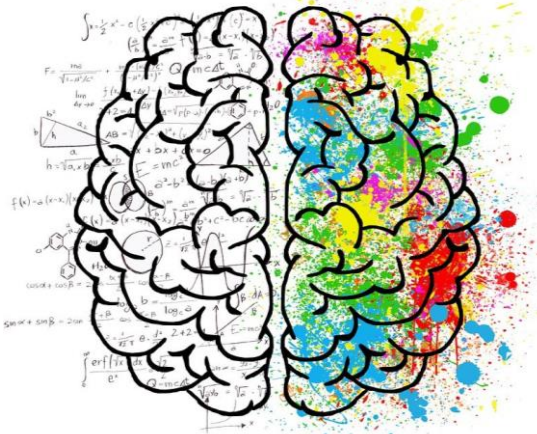
Visit – www.myliferesource.com
Enter your company code – ADC53
Sign up today!

#DevereuxStrong

Devereux's resilience initiative provides resources to cope with the negative factors that occur in everyday life. Resilience helps you to "bounce back" when faced with challenges. Resources include 5-minute videos, Tuesday Tips and simple, easy strategies to build or improve your own personal resilience plan.



Devereux
ADVANCED BEHAVIORAL HEALTH



After the MDLIVE Appointment

The care continues...

Session Follow-up

MDLIVE sends treatment plans and recommendations to patient via patient portal and secure email.

E-Prescription

MDLIVE e-prescribes or calls in any prescription directly to patient's pharmacy of choice.

Update PHR

MDLIVE updates patient's Personal Health Record.

Notify PCP

MDLIVE sends consultation history and SOAP note directly to patient's PCP at patient's request.



Love your doctor

Using Perfect Match Provider Locator, HealthAdvocate experts will identify top doctors and hospitals who meet your individual needs and personal preferences – including primary care physicians, specialists and experts for second opinions.

HealthAdvocate will make the appointment, transfer medical records and help you get ready for your visit.

HealthAdvocate is available at no cost

to employees enrolled in a Devereux medical plan through IBX, your spouses, dependents, parents and parents-in-law. Completely confidential!!

Turn to us—we can help.



866.695.8622

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

HealthAdvocateSM



Employee Assistance Program (EAP)

Let's face it, balancing your work and home life is not easy. With your confidential Employee Assistance Program (EAP), you don't have to face life's challenges alone. The EAP provides guidance for personal issues that you might be facing and information about other concerns that affect your life. Carebridge will help with:

- Education
- Dependent Care and Care Giving
- Lifestyle & Fitness Management
- Legal and Financial

No matter where you are, Carebridge is available to help.

800-437-0911

www.myliferesource.com

Download the app here:

