



Did you know?

1 in 4 adults experiences a behavioral health issue every year.

Maintaining good behavioral health improves your quality of life. Devereux provides an array of services and support for you and your family.

Whether it's day to day stress, depression, adult day care, or child care needs, or are having behavioral health problems big or small, help is here.

See the following page for an overview of programs and resources available to you.

For detailed information, visit
mydevereuxbenefits.org

Resource/Benefit	Contact Information	Benefit	Available to	Mobile App?	Cost to you
Devereux Center for Resilient Children Resiliency Resources	Click here to access	Devereux’s resilience initiative provides resources to cope with the negative factors that occur in every day life. Resilience helps you to “bounce back” when faced with challenges. #DevereuxStrong	Devereux employees and staff	No	\$0
eM Life Self-Awareness and Self-Maintenance	myliferesource.com 1-800-437-0911	eM Life provides access to live sessions or on-demand tools to cultivate your mind, body, and spirit helping with depression, anxiety and substance abuse. Log in to Carebridge and register using code ADC53 if you haven’t previously registered.	Devereux employees and staff	Yes	\$0
Carebridge Employee Assistance Program	myliferesource.com 1-800-437-0911	Carebridge is our Employee Assistance Program (EAP), which provides telephonic and face-to-face support for emotional and relationship concerns substance abuse and helpful information for the triggers of everyday stress such as parenting childcare, eldercare and finances.	Devereux employees and staff (up to 5 face-to-face or telephonic visits)	Yes	\$0
Benefits MAC Benefits Advocacy & Assistance	connerstrong.com/ memberadvocacy 1-800-563-9929 (8:30am – 5pm Monday through Friday)	The Benefits Member Advocacy Center (MAC) provides personal health advocacy to help you navigate when you are not sure where to go. They can help with insurance questions, billing problems, provide locator services, health and wellness tools, general questions, and problem resolution.	All employees	No	\$0
Teladoc (IBX) Virtual Behavioral Health/Therapy	teladochealth.com 1-800-835-2362	Get back to feeling your best with Teladoc Behavioral Health Services. Our licensed therapists can support you with talk therapy and coping strategies, and our board-certified psychiatrists are here to help with assessments and medication management.	Employees and dependents enrolled in a Devereux medical plan	Yes	Tiered Medical Plans and EPO: \$0 HDHP: \$50 (approx.)
Magellan Providers (IBX) Complex Crisis or Ongoing Care	ibx.com 1-800-688-1911	Find a medical provider that can help with more complex or crisis issues requiring more intense treatment, including inpatient care.	Employees and dependents enrolled in a Devereux medical plan	N/A	In-Network Inpatient Services: \$20 Copay Out-of-Network Outpatient Services: Covered 100% after deductible