



Maintaining Good Behavioral Health Improves Quality of Life

- 1 in 4 adults experiences a behavioral health issue every year!










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.

NEW BENEFIT: eM Life

- A unique, personalized web and mobile based resource to help with depression, anxiety and substance abuse.

Your Quick Access Guide for Mindfulness, Resiliency and Behavioral Health Services & Support

WHAT DO YOU NEED?	PROVIDER				Mobile App Available	YOUR OUT OF POCKET EXPENSE
Do-it-Yourself #DevereuxStrong	 Center for Resilient Children	N/A	#DevereuxStrong 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.	On-line - available to all Devereux employees and staff	No	\$0
Do-it-Yourself Self-awareness and Self-Maintenance	 eM Life	1-800-437-0911	www.myliferesource.com 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, register using code ADC53 if you haven't previously registered. Click on eM Life Now .	On-line - available to all Devereux employees and staff	Yes	\$0
Employee Assistance Program	 Carebridge	1-800-437-0911	www.myliferesource.com 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.	5 face-to-face or telephonic visits – available to all Devereux employees and staff	Yes	\$0
Unsure	 Health Advocate	1-866-695-8622	www.HealthAdvocate.com/member Health Advocate provides personal health advocacy to help you navigate when you are not sure where to go. If you are enrolled in a Devereux Medical plan, they can help with insurance questions, billing problems, provide locator services, and health and wellness tools and support.	On-line or telephonic – available if enrolled in a Devereux Medical plan	Yes	\$0
Therapy on Your Terms – Virtual	 MD Live through IBX	1-888-632-2738	https://members.mdlive.com/ibx Get back to feeling your best with MDLIVE 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.	On-line, FaceTime, telephonic - available if enrolled in a Devereux Medical plan	Yes	\$10 Tiered Medical/CO EPO; \$40 approximate for HDHP
Complex Crisis or Ongoing Care	 IBX	1-800-688-1911	www.ibx.com If you are enrolled in a Devereux Medical plan, find a provider that can help with more complex or crisis issues requiring more intense treatment, including Inpatient care.	Provided by appointment - available if enrolled in a Devereux Medical plan	NA	In-Network O/P: \$20 Co-Pay for Dev Medical. IN I/P: 100% after deductible

For more detailed information visit <https://benefits.devereux.org>