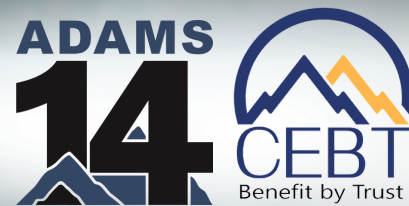


CEBT Mental Health Services



Taking care of your mental well-being is essential, and we're here to support you every step of the way. The **CEBT Benefits Package** offers a variety of mental health services—available to you no matter which health plan you're enrolled in.

Explore the options below to find the support that fits your needs.

We're here to help.

Benefits		UHC/UMR	Kaiser
AllOne Health (EAP)		Includes 6 Free counseling sessions & 6 Free life coaching sessions per occurrence, per incident	
Modern Health (digital mental health services)		Includes 8 Free counseling & 8 Free life-coaching sessions, with the option to continue care with the same provider at the appropriate plan cost-share.	
<u>No-Cost Support Apps</u> Calm: sleep, meditation, etc. Headspace: 1-on-1 emotional support, coaching, self-care		Not Available	Calm & Headspace
TalkSpace (online therapy)		Offers real-time face-to-face video visits. Counts as an in-network provider; standard plan cost-share applies. 	Not Available
Out of pocket costs for mental health, or substance abuse services	Out-Patient Services	- Office Visit Co-pay - Deductible + 20% out-patient facility *HDHP Plans are subject to cost share	
	In-Patient Services	Deductible + 20% Co-insurance in-patient facility	
Scan the QR Codes to find in-network providers / services		Find Costs & Care > Find a Provider > View Providers > Select Behavioral Health 	Click "Find Doctors & Locations" at the bottom, use keyword "mental health"

For more information call or visit us at:

303-773-1373

cebt.org