

Mental health resources and tools for REEP Kaiser members



Kaiser medical plans include mental health/substance abuse benefits for both inpatient and outpatient services. To obtain more information on copays, please contact your district benefit technician for your Kaiser plan benefit summary, or call the number on your Kaiser Permanente ID card.

In addition to your regular medical coverage, the following resources are also available:

Employee Assistance Program (EAP)

- The Employee Assistance Program (EAP) is available 24/7, 365 days a year
- This service is free for you and members of your household
- One-on-one counseling by phone, in-person and online via LiveHealth Online
- Up to 5 counseling visits per issue
- Legal and financial consultations
- Web-based tools and resources on parenting, identity theft and many more topics
- For more information visit [anthemEAP.com](https://www.anthemEAP.com) and enter REEP or call (800) 999-7222

myStrength through Anthem EAP

- Programs for managing depression, stress, anxiety and more
- Anthem EAP offers myStrength at no cost
- An online "health club for your mind"
- Personalized site with mood trackers, a sleep diary and guided meditation tools
- To sign up visit mystrength.com/go/antheminc/16762
- Kaiser members can also sign up for myStrength by visiting kp.org/selfcareapps/scal

Talkspace

- Online therapy service for you and your dependents, ages 13+
- Unlimited text, video and audio messages via web browser or the Talkspace mobile app
- Licensed therapists available 5 days per week
- One free 30-minute live video session per month (does not rollover)
- Pay per session available for additional live video calls
- Ready to get started? Visit talkspace.com/REEP

Calm

- Calm is an app that uses meditation and mindfulness to help reduce anxiety, lower stress and improve sleep quality
- Calm is the #1 app for meditation and sleep
- Guided meditations, music for relaxation, focus and sleep
- Sleep stories narrated by celebrities
- Masterclasses taught by world-renowned experts and celebrities
- Ready to get Calm? Visit kp.org/selfcareapps/scal