

Connect with support for balancing work and life

Here4TN offers resources and services to help you or your family feel, live and work better. We're here to support you — from your emotional health to your financial well-being and beyond — so you can live life to the fullest. Connect with assistance, anytime.

EAP + BEHAVIORAL SERVICES

Counseling	Here4TN offers telephone, in-person and virtual in-network counseling options, including up to five no-cost short-term counseling visits per issue, per year. You may also have access to additional support with long-term counseling through your behavioral health benefits, as needed.
1st Call provider search	To help you quickly and efficiently find an available provider, the dedicated Here4TN team can conduct a provider search on your behalf. Based on your specific preferences, concerns and availability, specialists will work to identify an appropriate provider with appointment availability.
Talkspace online therapy	Connect virtually with a licensed, network therapist, with unlimited text messaging and real-time audio/video appointments. Talkspace is subject to the same copays, coinsurance and deductibles as in-person visits.
Sanvello app	Sanvello offers clinical techniques to help dial down the symptoms of stress, anxiety and depression, anytime. Connect with powerful tools that are there for you right as symptoms come up.
Virtual visits	Meet with a psychiatrist or therapist online through private and secure video conferencing. Connect with behavioral health providers who can evaluate and treat general mental health conditions, such as depression and anxiety. Virtual visits are subject to the same copays, coinsurance and deductibles as in-person visits.
Online support & self-help tools	Explore thousands of articles, videos, interactive self-help programs, financial calculators and other tools on Here4TN.com. Search for a network provider for counseling, if needed.

EAP SERVICES

WorkLife Services	Find WorkLife support services for parenting, eldercare, life learning, dealing with chronic conditions and convenience services. Request a consultation online or call. WorkLife specialists are on-hand 24/7 to offer no-cost referrals to verified resources and deliver educational materials.
Take Charge at Work	Take Charge at Work is a confidential program designed to help working adults recognize and manage symptoms of stress and depression at work. Work together with a coach to develop a long-term plan at a pace that works for you — so you can get your work-life balance back and start enjoying your life again.
Financial Services	Find financial services support to help you increase your savings, lower debts and improve credit so you can dial down financial stress. Get an online financial stress assessment; self-directed online learning; 25% discount for preparation of all personal income tax documents; plus two calls with a money coach – 100% confidential.

EAP SERVICES (continued)

Critical Incident Response Services	When something sudden or traumatic happens in the workplace, it's important to take steps to ensure your workplace's safety and employees' mental health. The professional crisis services of a Critical Incident Response Service help employees manage their feelings and can have a very positive impact on morale and productivity.
Training & Webinars	Here4TN offers access to training programs designed to enhance workplace and management skills and help address workplace concerns. Webinars and recorded trainings are offered to view on your own schedule.
Legal & mediation services	Connect with legal assistance services and mediation services that give you free and discounted confidential access to local attorneys and professional mediators. Get one 60-minute phone or in-person consultation with an attorney or mediator per issue per year at no cost. Plus, ongoing representation by an attorney at a 25% discounted rate.

BEHAVIORAL HEALTH SERVICES

Substance use services	With Here4TN, you have confidential substance use support available 24/7. We can help you find community resources, get an initial assessment and connect you with additional in-network behavioral health resources, as needed. Call 855-Here4TN to find a provider for immediate access to an in-network licensed clinician.
Family Support Program	The Family Support Program provides the ease and accessibility of a single point of contact for caregivers of children with behavioral health concerns including autism, anxiety, depression and other issues. The program is designed to help families navigate the often-confusing tangle of resources and stakeholders that can include schools, providers, public agencies and more.
Autism/Applied Behavioral Analysis (ABA) Care Advocacy	ABA uses behavioral principles to teach children with autism numerous life skills and behaviors they may otherwise not learn on their own. Your health plan has an expanded ABA benefit. With Autism Spectrum Diagnosis, it's never too soon to learn about services that can help your child and whole family live happier and healthier lives.

- **Confidential.** Your health information will remain confidential in accordance with the law.
- **Family support.** Here4TN is available for you and all your covered family members, too.
- **24/7 availability.** Connect with tools, resources, support and much more — around the clock.

Connect with Here4TN 24/7

855-Here4TN (855-437-3486)

Live chat M - F 8:30 am - 3:00 pm (CT)

Here4TN.com



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This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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