

Get answers to your questions — **big and small**



Juggling everything on your to-do list while taking care of your own health — mental and physical — can be challenging. With additional stressors like relationship challenges, home repairs, childcare and eldercare, many people are feeling overwhelmed these days. **Here4TN** can help.

WorkLife Services

WorkLife Services help make life a little less stressful by connecting you with:

- ▶ Child, family and parenting support services
- ▶ Education resources for kindergarten through adult
- ▶ Adult care and eldercare support services
- ▶ Chronic illness and condition support services
- ▶ Discounted legal services
- ▶ Personal services such as finding a plumber or concert tickets

Employee Assistance Program

The EAP connects you with specialists 24/7 and offers five confidential counseling sessions per issue, per year at no additional cost* to you. **Here4TN** can help with topics including:

- ▶ Depression, anxiety and stress
- ▶ Living with chronic conditions
- ▶ Sleep disorders
- ▶ Substance use issues
- ▶ Relationship and family concerns

Call to speak confidentially** with a specialist or to get referrals or prior approval for services, including virtual visits.



Child, family and
parenting support
services



Education resources



Adult care and eldercare
support services



Chronic illness and
condition support
services



Personal services



Talk with a specialist
who cares, 24/7:

855-Here4TN
(855-437-3486)

Or visit:

Here4TN.com

Take Charge at Work

Trouble concentrating? Feeling sluggish? This may be a sign of something more. **Take Charge at Work** can help you recognize and manage stress and depression at your workplace. Start with an assessment, and then work with a coach to create a personal plan.

"The person I spoke to had the kindest voice. They were **professional and compassionate.**"

Behavioral Health Services

Optum is your behavioral health and substance use benefits administrator, and **Here4TN** can help you learn about your benefits, search for in-network providers and connect for a virtual visit. To get details about what's covered and to view your member handbook and plan documents, visit tn.gov/partnersforhealth.



Substance Use

If you or someone in your family has substance use concerns, connect with a highly trained and licensed advocate at **Here4TN**. Your advocate will talk with you about your unique situation, answer questions, help create a personalized treatment plan and help with family support. The service is completely confidential.

To connect with any of these resources, contact **Here4TN**.

855-Here4TN
(855-437-3486)

Or visit:

Here4TN.com

Talkspace

Regularly communicate with a therapist safely and securely from your phone or desktop with **Talkspace**. You can start therapy within hours of choosing your therapist, and it's secure and confidential.

Sanvello

Get the **Sanvello app** for tools to help you manage stress. Sanvello can also support you if you're dealing with ongoing concerns like depression and anxiety.



***Here4TN** Employee Assistance Program (EAP) services are available to you and your family at no extra cost as part of your benefits. The five EAP visits per year, per issue are per individual. Members are ineligible for EAP visits while they are currently receiving Behavioral Health Services.

State and Higher Education: EAP services are available to all benefits-eligible employees and their eligible family members, even if they are not enrolled in medical insurance.

Local Education and Local Government: EAP services are available to employees who are enrolled in medical insurance. Dependents are eligible even if they are not enrolled in medical insurance.

All members (employees and dependents) enrolled in medical insurance are also eligible for behavioral health benefits.

**This program is confidential in accordance with the law.

Please note: While **WorkLife Services** and all referrals are included as part of your benefits, you will have to pay for any **WorkLife Services** you decide to use. Our specialists cannot book or purchase services on your behalf. This is an educational referral-based service only. Certain services may not be available in some benefit plans. Consult your benefit plan to know what is available.

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 are subject to change. Coverage exclusions and limitations may apply.

Benefits Administration does not support any practice that excludes participation in programs or denies the benefits of such programs on the basis of race, color, national origin, sex, age or disability in its health programs and activities. If you have a complaint regarding discrimination, please call 866-576-0029 or 615-741-4517.

© 2021 Optum, Inc. All rights reserved. WF4284868 74795A-032021