



Mental Health Resources

included in your benefits with PAISBOA Health Benefit Trust (HBT)

Medical Coverage for Mental Health Care

Your medical benefits administered by IBX include coverage for mental and behavioral health services. Coverage details are available at ibx.com/paisboa. Use any of these three easy ways to find in-network care:

Visit ibx.com/paisboa

Log into your member portal and Select Mental Health & Substance Use Disorder under the Benefits tab to find a provider.



Use Quartet

Quartet does the legwork to connect you to mental health care that fits your needs, preferences, and benefits. That includes matching you with a provider who is in your health plan's provider network. To get started with Quartet, call **215-839-9906** or visit quartethealth.com/ibx.

Call a Customer Care Advocate

An IBX Mental Health/Substance Abuse Customer Care Advocate can send you a list of in-network providers who meet your needs or even schedule an appointment for you. Call **1-800-688-1911**.

If your school offers a Health Savings Account (HSA) or a Flexible Spending Account (FSA), you should be able to use these funds to pay for the costs of your mental health care with licensed providers.



myStrength Plus

Get evidence-based self-guided digital content and tools for wherever you are in your mental health journey. Includes 7 **FREE** live virtual sessions with a Mental Health Coach. Join at myStrength.Livongo.com. When prompted, indicate that PAISBOA Health Benefit Trust is providing you with these programs.



Wellbeing Hub

Access **FREE** resources and live monthly workshops through the online Wellbeing Hub for help managing mental, emotional, and physical health. Find mindfulness exercises, yoga postures, healthy recipes, and more! Sign up at hub.onthegoga.com/paisboa/sign-up.



Telemedicine for Body & Mind

Through Doctor on Demand

Access telemedicine services with a board-certified physician, licensed psychiatrist, or therapist through Doctor on Demand, 24/7. When creating your account, select PAISBOA as your employer to receive the correct co-pay, which is \$10 per visit through October 31, 2024. (Those on the HDHP must first satisfy their applicable deductible.) Get started at doctorondemand.com.



Wellness Coaching

Receive help identifying and setting goals in areas you want to make lifestyle changes, such as managing stress. A Wellness Coach can provide new ideas, resources, support, and accountability for reaching your goals. Call the Champion Team at **1-833-444-BLUE (2583)** and ask to speak to a Wellness Coach.



Employee Assistance Program (EAP)

Through Health Advocates

Member schools that offer Unum have access to a **FREE** EAP designed to help you lead a happier and more productive life. Get support from a Licensed Professional Counselor or a Work/Life Specialist. Call **1-800-854-1446** or visit unum.com/lifebalance.