



**Find your way**♥

Help is always available.

♥ aetna®

# It's OK to ask for help

In fact, it's both brave and smart. Feeling stressed and overwhelmed? Having a hard time coping? Whatever you're going through, you don't have to go through it alone. Take a few minutes to learn about help, services and support available to you from State Farm and Banner|Aetna.

## Check in on yourself

Where are you with your mental wellbeing right now? It can be helpful to check in with yourself and see how you're feeling as a way to start working on a healthier you. Try taking an online assessment in the Banner|Aetna Mental Wellbeing Resource Center. Here's how:

- Visit **BannerAetna.com**, click **Members**, then choose **Mental Wellbeing Resource Center**.
- Scroll down to the bottom of the page to **Check in on yourself**.
- Choose the assessment you want to take.

While you're there, you can also use the MindCheck® tool to get a quick read on your emotional health.



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## There's help when you need it

Your first step is to reach out. Take advantage of your Banner|Aetna resources to work toward a healthier, happier you. Whether it's strategies for everyday stress or expert guidance in a time of crisis, there are people, services and support ready to help.

To learn more, visit **BannerHealth.com/Services/Behavioral-Health** or call the **Banner Appointment Line** at **1-800-254-4357**. They'll provide a brief screening over the phone to determine how they can help you with mental health or substance abuse concerns.



### Suicide & Crisis Lifeline

Call or text **988** for free, confidential support if you or a loved one is in distress or crisis. Get immediate help and referrals from trained counselors, 24/7.

### For immediate help in Arizona

Call the Phoenix Valley Help Line at **480-448-7511**.



### Other medical concerns?

**Banner Nurse On-Call** has a team of experienced nurses available to help with your immediate health care questions. This service is available at no cost to you at **1-888-747-7990**.

## Counseling and other care resources

You can choose the type of behavioral health professional you'd like to work with — whether it's for in-person or virtual sessions.

Your plan's network includes behavioral health providers in a variety of specialties.

Your share of the cost is based on your health plan benefits. For help understanding your benefits, call the Banner|Aetna Member Services number on your member ID card.



In person



By phone



By video



By app

## Resource

### Banner|Aetna network providers



For in-network virtual or in-person (by appointment) mental health services

## To get started

Go to **BannerAetna.com** to create your account. If you already have an account, log in and click **Find a Doctor**.

You can search by condition, specialty or name. Choose from a variety of specialties, and get help to find the best therapy plan, treatment and services for your needs.

### Virtual counseling services



#### MinuteClinic® behavioral health

For help by phone or video from a fully credentialed network of therapists in select CVS® HealthHUB™ locations. Weekend and evening hours available. Available by appointment in AZ, CT, FL, IL, NC, NJ, PA and TX for members age 18+.

Call **1-855-417-2486 (TTY: 711)** or go to **MinuteClinic.com** and click **Get virtual care info > Get virtual care** to set up a visit. To find a specific provider or to search all in-network providers, sign in to your member portal at **BannerAetna.com** and select **Find a Doctor**.

#### Array AtHome

Virtual visits by appointment in all 50 states and Washington, DC, for members age 5+

Call **1-800-442-8938** or go to **ArrayBC.com**, select **Book an Appointment**, then:

1. Select your state and insurance provider.
2. Select a clinician and schedule a session.
3. Start your virtual visit.

#### Brightside

Virtual visits by appointment in all 50 states and Washington, DC, for members age 18+

Call **415-360-3348** or go to **Brightside.com**.

You can also email Brightside with any questions at **support@brightside.com**. Already a member? Go to your Brightside account to get started.

#### Telemynd

Virtual visits by appointment in all 50 states and Washington, DC, for members age 5+

Call **1-866-991-2103** or go to **Telemynd.com/aetna-referral-form** to complete the appointment form and get started with a licensed therapist.

### Virtual therapy program



#### AbleTo

A personalized 8-week program proven to reduce depression, stress and anxiety. Educational resources and assessments are also available on the AbleTo platform.

Call **1-844-330-3648** or go to **AbleTo.com/Aetna** to schedule your consultation. Available Monday–Friday, 9 AM–8 PM ET.

### Virtual support for addiction and substance misuse



#### Workit Health

A 12-week treatment program that offers therapy, coaching, medication-assisted treatment, digital learning and peer support — all from the comfort of home.

This program is also proven to reduce depression and anxiety. It combines evidence-based therapies, lifestyle science and wearable device feedback.

Coaching is available virtually by appointment in all 50 states for members age 18+

Sign up in any of these ways:

1. Call **1-877-777-2671**.
2. Go to **WorkitHealth.com/insurance/aetna** and click **Sign Up**.
3. Use the link on the site to download the app and complete your sign-up.

Once you've signed up, you can schedule an appointment, meet with your care team to learn how the program works and attend provider appointments. You can also message your care team or talk with a coach when you're struggling.

If appropriate, a Workit clinician will e-prescribe medication to your local pharmacy.

## Get help and support for your mental wellbeing.

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For your best health, we encourage you to have a relationship with a primary care physician or other doctor. Tell them about your visit to MinuteClinic®, or MinuteClinic can send a summary of your visit directly to them.

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