May is Mental Health Awareness Month – Get the Help You Need With the Employee Assistance Program (EAP)!

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. Coping with stress in a healthy way will make you, the people you care about, and your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. You can help yourself and others by expanding your awareness and ICUBA is here to help!

Employees do not have to be enrolled in an ICUBA medical plan to use this benefit. All employees (and everyone who lives in the household) can take advantage of this resource, which includes six free counseling sessions per issue per plan year. The EAP is a confidential resource that can help employees deal with problems that seem overwhelming. No issue is too large or too small.

- Family Problems
- Stress-related issues
- Depression
- Problems at work
- Financial Crisis
- Moving
- Retirement planning
- Adopting a child
- Finding childcare and elder care
- Legal questions

The right support when you need it—
24 hours a day/7 days a week
1-877-398-5816
Option 1: Employee Assistance Program

Spend Time Outside and Stay Sun Safe!

It’s natural to want to get out in the sun as the weather warms up. And it’s safe too, as long as you stick to social distancing guidelines and protect your skin. Ultraviolet (UV) rays – from the sun and other sources like tanning beds – are the #1 cause of skin cancer. Take the following steps to stay sun safe.

1. Seek shade-limit direct exposure to the sun
2. Use sunscreen with an SPF of at least 30
3. Cover Up-wear clothing that protects your skin
4. Avoid tanning beds and sun lamps

Remember to visit our website—http://ICUBAbenefits.org
This user friendly site is your one stop shop for all things benefits! Visit our single sign-on section located below the scrolling banner and gain access to ICUBA’s Brand Partners including BCBS MyHealthToolkit and Rally, OptumRx Prescription Drug Portal, Resources for Living EAP and Aetna Navigator, SurgeryPlus, and of course, the ICUBA Visa Debit Card!
Aetna Resources for Living has teamed up with AbleTo, a leading behavioral health care provider, to offer this convenient program for those facing challenges such as:

- **Emotional** - Speak with a licensed clinician regarding life events to obtain an objective expert point of view over the phone, televideo or in the office. **Six sessions per issue per year** per covered person.
- **Life** - Obtain referrals for services needed by you or your dependents and saves you time. Access to retail, entertainment, travel and fitness discounts.
- **Legal** - Gain expert council regarding a wide array of legal needs. Access online legal documents. Request ID theft prevention and resolution support.
- **Financial** - Consult with a financial specialist regarding budgeting, retirement planning, college planning, taxes and much more.

**In addition, you can access two additional programs which contribute to your overall emotional wellbeing:**

**Talkspace** is an online therapy platform that makes mental healthcare more convenient and accessible by connecting users with licensed therapists. You can send unlimited multimedia messages (text, audio, pictures, videos, etc) to a therapist via web browser or the Talkspace mobile app.

**To access Talkspace:**
- Call Aetna Resources for Living for authorization
- Register at talkspace.com/rfl
- The Organization Name is your Employer/School

**MyStrength** offers tools to improve your emotional health and help you overcome depression, anxiety or substance abuse. Once you get set up with myStrength, you’ll log on to a home page created just for you.

**To access myStrength:**
- Visit: ResourcesForLiving.com, Username: ICUBA, Password: 8773985816
- Go to services > myStrength, Enter your company access code — ICUBA
- Follow the instructions to create your own account

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**Access Free Weekly Sessions with Able To!**

Aetna Resources for Living has teamed up with AbleTo, a leading behavioral health care provider, to offer this convenient program for those facing challenges such as:

- Breast/Prostate cancer recovery
- Heart problems
- Diabetes
- Depression
- Digestive health
- Pain management
- Respiratory problems
- Substance abuse
- Depression/anxiety
- Postpartum depression
- Caregiver status (child, elder, autism)
- Grief and loss
- Military transition

Through AbleTo, you’ll work with two specialists, twice a week, for eight weeks.
- Once a week with a therapist to address emotional challenges like depression, stress and anxiety that can come with a medical diagnosis.
- Once a week with a behavior coach to identify health goals and develop an action plan.

Meet face-to-face with a therapist and behavior coach using online video. Or you can simply talk on the phone, if you prefer. This removes the time and hassle of driving to appointments. And it’s all part of your ICUBA medical plan coverage at **no cost to you.**

**Call AbleTo directly at 1-844-330-3648 or Aetna Behavioral Health at 1-877-398-5816 (Option 2)**