



# What You Need To Know



[www.MyHealthToolkitFL.com](http://www.MyHealthToolkitFL.com)

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# Behavioral Health Program

## 1. What is the behavioral health program?

My Health Novel's mental health network includes best-in-class mindfulness and digital cognitive behavioral therapy offerings. Our solution addresses a continuum of mental health conditions and provides support to people struggling with low- to medium-acuity cases. Behavioral health programs help participants see less stress, improved sleep quality, increased happiness and decreased use of clinical care.

## 2. How effective is the behavioral health program in improving a member's well-being?

Wellness is no longer considered just physical. Mental health is just as important. In fact, stress-related health problems account for the third-highest health care expenditure category in the United States. In part, this is due to limited access, with 55 percent of U.S. counties having no psychiatrists. This results in 43 – 68 percent of adults with mental illness not receiving treatment. The need for mental health care has exploded with the pandemic, with 85 percent of employees experiencing a decline in general well-being since the start of COVID-19.

## 3. What's included in the program?

The behavioral health program partners offer support for a wide variety of mental care to fit the needs of each member. The programs offer these components:

- Mindfulness and meditation
- Evidence-based, issue-specific programs in both on-demand and live sessions
- Behavioral health coaching

## 4. Who is eligible?

The behavioral health program is a covered wellness benefit for members ages 18 and older.

## 5. How do members sign up?

Members can qualify and enroll by logging in to their My Health Toolkit® account (app or web browser). They select Wellness & Care Management, Wellness programs, then My Health Novel. The one-minute health quiz will determine which programs members qualify for and then match members to programs that best fit their needs.

## 6. How do members enroll?

Members should log in to My Health Toolkit to learn more about the program and enroll online. Or they can call 866-400-8941 to enroll over the phone. Once enrolled, members will receive a welcome email with instructions on how to complete the registration process with their matched behavioral health program. Members must complete the registration process with their program provider to begin the program.

## 7. What's the cost?

This program is offered at no cost to the members. Once a member enrolls in the program, claims will be filed to cover the processing and program services for this wellness benefit based on a member's engagement. Members will not receive an Explanation of Benefits (EOB) for this benefit. No action is necessary if a member happens to receive an EOB.

## 8. What is Headspace®?

Headspace provides members with the benefits of meditation and mindfulness anytime, anywhere. Offering exercises to add extra mindfulness to a member's day, and hundreds of meditations, Headspace works to decrease stress, anxiety and depressive symptoms. Members learn to train their body and mind at the same time with exercises to strengthen their mental and physical well-being.

## 9. What is eM Life?

This platform delivers evidence-based mindfulness programs applied to everyday life and chronic conditions, promoting health, happiness and performance. Programs are both live and virtual. There's also on-demand content on a wide range of topics, such as sleep, anxiety, performance and effectiveness, mindful eating, mindful parenting, leadership, financial stress, and more.

## 10. What is Headspace Care?

Headspace Care is on-demand, personalized and confidential care for members. With more than 200 activities, updated weekly, members can explore various topics such as, stress, mindfulness, relationships and current events. Behavioral health coaches, therapists and psychiatrists work together as a team. Members receive easy access to care — no matter where they are, when they need it or what they're going through.

For questions, call 866-400-8941.