



# 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](https://ibx.com/paisboa). Use any of these three easy ways to find in-network care:

### Visit [ibx.com/paisboa](https://ibx.com/paisboa)

Log into your member portal and select My Health & Care Team to find a doctor by name or specialty.



### Call an IBX Care Advocate

An IBX Mental Health/Substance Abuse Customer Care Advocate can help you find in-network care, answer specific questions about benefits and claims, schedule appointments, and connect you to a licensed clinician for in-the-moment support if needed. The team includes a live clinical triage member for crises. Call **1-800-688-1911**.

### 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](https://quartethealth.com/ibx).

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 your mental health care with licensed providers.



### Mental Health Coaching

*through Teladoc Health*

Get evidence-based self-guided digital content and tools for wherever you are in your mental health journey. Access care when you need, whether in-person or virtually, through the Teladoc health app. Join at [teladochealth.com](https://teladochealth.com).



### 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](https://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](https://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](https://unum.com/lifebalance).

For additional resources, visit [myschoolbenefits.org](https://myschoolbenefits.org)

## Call or text 988 for the Suicide and Crisis Lifeline

to get **FREE** 24/7 support for suicidal, mental health, and/or substance use crises.