

# Get answers to your questions, big and small

Juggling everything on your to-do list while taking care of your own mental and physical health can be challenging. With additional stressors like relationship challenges, home repairs, childcare and eldercare, many people are feeling overwhelmed these days. **Here4TN** can help.



## WorkLife Services

**WorkLife Services** help make life a little less stressful by connecting you with:



**Child, family and parenting support services**



**Education resources**



**Adult care and eldercare support services**



**Chronic illness and condition support services**



**Personal services**



**Legal services**



**Financial services**

## Short-term counseling

**Here4TN** Emotional Wellbeing Solutions connects you with specialists 24/7 and offers five confidential\* counseling sessions per issue, per individual, per year at no additional cost to you. **Here4TN** can help with topics that include:

- Depression, anxiety and stress
- Living with chronic conditions
- Sleep disorders
- Substance use issues
- Relationship and family concerns

**Call to speak confidentially\* with a specialist or to get referrals or prior approval for services, including virtual visits.**

## Virtual Behavioral Coaching

Want to manage the symptoms of depression, stress and anxiety better? Get personalized, self-paced support with Virtual Behavioral Coaching. The program delivers a tailored path to help you build coping skills. It includes:

- Evidence-based tools and techniques
- On-demand support
- Motivational guidance from a dedicated coach

## Take Charge at Work

Trouble concentrating? Feeling sluggish? This may be a sign of something more. **Take Charge at Work** can help you recognize and manage stress and depression at your workplace. Start with an assessment, then work with a coach to create a personal plan.

## Behavioral Health Services

Optum is your behavioral health and substance use benefits administrator, and **Here4TN** can help you learn about your benefits, search for in-network providers and connect for a virtual visit. To get details about what's covered and to view your member handbook and plan documents, visit [tn.gov/partnersforhealth](https://tn.gov/partnersforhealth).

## Substance use

If you or someone in your family has substance use concerns, connect with a highly trained and licensed advocate at **Here4TN**. Your advocate will talk with you about your unique situation, answer questions, help create a personalized treatment plan and help with family support. The service is completely confidential.

## Talkspace

Regularly communicate with a therapist safely and securely from your phone or desktop with **Talkspace**. You can start therapy within hours of choosing your therapist, and it's secure and confidential.

## Calm Health

Download the Calm Health app to track stress, get a good night's sleep and feel more present in your life. You can also use it to build coping skills and resiliency to navigate life's uncertainties. It's all self-paced, with audio and video tools, so you can focus on what matters most to you, wherever you are and at your own speed, 24/7.

## Legal and financial support

Connect with legal assistance and mediation services that give you free and discounted confidential access to local attorneys and professional mediators.

Find financial services support to help you increase your savings, lower debt and improve credit, so you can dial down financial stress. Get an assessment; online learning; a 25% discount for preparation of all personal income tax documents; plus two calls with a Money Coach.

## Optum

**PARTNERS  
FOR HEALTH**

\*This program is confidential in accordance with the law.

**Here4TN** Emotional Wellbeing Solutions services is available to you and your family at no extra cost as part of your benefits. The five Emotional Wellbeing Solutions visits per year, per issue are per individual. Members are ineligible for Emotional Wellbeing Solutions visits while they are currently receiving Behavioral Health Services.

State and Higher Education: Emotional Wellbeing Solutions services are available to all benefits-eligible employees and their eligible family members, even if they are not enrolled in medical insurance.

Local Education and Local Government: The following Emotional Wellbeing Solutions services are offered to employees who are enrolled in medical insurance. Dependents are eligible even if they are not enrolled in medical insurance.

All members (employees and dependents) enrolled in medical insurance are also eligible for behavioral health benefits.

Please note: While access to **WorkLife Services** and all referrals are included as part of your benefits, you will have to pay for any **WorkLife Services** you decide to use. Our specialists cannot book or purchase services on your behalf. This is an educational, referral-based service only. Certain services may not be available in some benefits plans. Consult your benefits plan to know what is available.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply.

Benefits Administration does not support any practice that excludes participation in programs or denies the benefits of such programs on the basis of race, color, national origin, sex, age or disability in its health programs and activities. If you have a complaint regarding discrimination, please call 866-576-0029 or 615-741-4517.

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**“The person I spoke to had the kindest voice. They were professional and compassionate.”**



Talk with a specialist who cares, 24/7:

**855-Here4TN**  
(855-437-3486)

Or visit:

**Here4TN.com**