



Fall 2021 Well-being Resources

Faculty & Staff Resources

Kepro, UGA's Employee Assistance Program

EAP Services are available at no cost to all full and part time employees, family members, and anyone living in an employee's immediate household. The service provides:

- Confidential, short term counseling
- Work life services and referrals
- Online tools and webinars

Employees can call 1-844-243-4440 24 hours a day, 7 days a week.

- To access online resources, go to usg.mylifeexpert.com. Password is **USGcares**. First time users need to establish a username and password.

Anthem Enrolled Employees and Their Families

Accolade – Personal Health Assistant.

Employees enrolled in Anthem healthcare plans can speak with a clinician to get matched with a mental health program that is customized to their needs.

Go to <https://login.myaccolade.com/login> to connect with Accolade to get resources, or call 1-866-204-9818 for either a 24/7 nurse line or a standard call, Monday through Friday, 8 a.m. to 11 p.m. ET.

Anthem LiveHealth Online

Psychiatrists and psychologists are available for virtual visits through LiveHealth Online. Anthem members enrolled in the BlueChoice HMO or Comprehensive Care plans can receive up to 3 visits for \$0 copay in 2021 with a licensed clinical mental health professional. Set up an account from a mobile device or computer at <https://livehealthonline.com/psychology/>.

LiveHealth also has psychiatrists who have the ability to write prescriptions to treat mental health conditions.

To connect with a psychiatrist, set up an account at <https://livehealthonline.com/psychiatry/>.

Kaiser Permanente's Mental Health Team

Employees enrolled in Kaiser Permanente healthcare plans can visit the Kaiser Permanente mental health website at

<https://healthy.kaiserpermanente.org/health-wellness/mental-health> to learn more about phone coaching, virtual care, a 24/7 nurse line and online classes.

To reach the nurse line, call 404-365-0966. Virtual visits are at no cost to you through 2021.

Kaiser Permanente members also have access to the well-being apps MyStrength and Calm.

UGA's ASPIRE Clinic

UGA's Aspire Clinic offers an array of service, on a sliding fee scale, that include individual, couple, and family therapy. Contact the ASPIRE Clinic at 706-542-4486.

Free Personal Health Coaching

Employees can work with a health coach at no cost to get help with a wide variety of interests such as nutrition, sleep, stress, physical activity, and more. There are several programs to choose from – one just right for you!

Kaiser Permanente Wellness Coaching with Coach Betsy Paganucci. Information sessions on the service and how to register are offered every semester through Learning & Development. Check the Professional Education Portal at www.pep.uga.edu to find the next session offered. This is open to anyone regardless of insurance coverage.

For members of these insurance plans:

- Anthem members: 1-800-785-0006
- Kaiser Permanente: 1-866-862-4295

For those participating in the USG Well-being Rewards Program by Virgin Pulse:

- Go to your well-being account or on your mobile app and click on the “health” tab.

Free Individual Financial Coaching Assistance

Employees and spouses can meet with a professional financial advisor at no cost. Call below to set up an appointment.

- Fidelity: 1-800-343-0860
- TIAA: 1-800-732-8353
- AIG Retirement: 1-866-279-1444

T&D Well-being Workshops

Well-being workshops are offered every semester covering topics surrounding mental, physical, emotional, and financial well-being. Register for workshops through the Professional Education Portal at www.pep.uga.edu. Find the current list of offerings by searching in PEP under “well-being” or subscribing to *Kizmet’s Well-being Playlist* in PEP.

United Way 2-1-1

Dial 211 and get answers to whatever question you may have about community resources available to you. Resources include financial assistance, housing, transportation, mental health services, and many more.

- Dial: 2-1-1
- Text: *898211
- Get help online: <http://referweb.net/uwng/>

Weight Management and Diabetes Prevention Program

- Live online FREE Diabetes Prevention Program will begin in October 2021. Contact Jackie Dallas, jdallas@uga.edu, 706-613-3640, to get more information. This program is available to all employees regardless of insurance coverage.
- Anthem members and enroll in a free program called Livongo. To find out how to qualify for this program, go to well.livongo.com/USGBENEFITS or call (800) 945-4355.

- Kaiser Permanente members can participate in a diabetes prevention through Omada. Go to www.omadahealth.com/kpga to find out if you qualify.

Supervisor Resources

Kepro

Unlimited consultations for supervisors and managers with concerns regarding their direct reports' behavior concerns, substance misuse, and trainings. Kepro also provides onsite support for critical events. Call 844-243-4440 (available 24/7) and ask for the Management Consultation Team.

Training & Development

Trainings available for handling conflict, critical conversations, coaching and mentoring, Supervisor's Academy, and creating a climate of well-being in your department. For a complete list of trainings available, go to hr.uga.edu/training. Register for workshops through the Professional Education Portal at www.pep.uga.edu.

Online Resources

Kepro

EAP Services are also available online at no cost to all full and part time employees, family members, and anyone living in an employee's immediate household. Kepro's website has:

- articles such as *How to cope with Job stress and build resilience during the COVID-19 Pandemic*;
- soft skill courses on *Stress Management* and *Adaptability and Flexibility*;
- COVID Coach Mobile App, to support self-care and overall mental health (download the app from the website); and
- mental health assessments, financial calculators, relaxation tools, and much more.

To access online resources, go to usg.mylifeexpert.com. Password is *USGcares*. First time users need to establish a username and password.

LiveHealth Online

Save money and time by using LiveHealth online from your smartphone, tablet or computer 24/7. Get the free app! Psychological and medical doctors are available.

- Get help from a licensed therapist for these issues and more:
 - Stress, Life transitions, Anxiety, Relationship troubles, Depression, Grief, Coping with illness, Panic attacks.
- See a doctor for these conditions and more:
 - Flu, Minor rashes, Sore throat, Pink eye, Allergies, Cold, Fever, Skin infections, Headache.
- Access through your mobile device or online at <https://livehealthonline.com/>
- Comprehensive Care and BlueChoice HMO Plan Members receive 3 Free Visits. After that, there is a cost associated with using LiveHealth.

Therapy Assistance Online, TAO

TAO is a free online mental health therapy program offered through the University Health Center and available to anyone with a uga.edu email address. It includes over 150 brief, effective, educational sessions covering over 50 common topics and skills

related to mental health, wellness, and substance use issues. TAO Includes interactive sessions, mindfulness exercises and practice tools all aimed at helping you achieve your goals. For more information on how to access these resources go to <https://www.uhs.uga.edu/tao/therapy>.

Professional Education Portal and LinkedIn Learning

All UGA employees have access to hundreds of LinkedIn Learning courses through our Professional Education Portal. Courses such as “What’s Next: Reinventing Work in the New Normal,” “Having Difficult Conversations,” and “Leading in a Complex World” are available on demand.

USG Well-being Webinars

USG Well-being hosts well-being webinars twice a month on health and financial well-being topics:

- ✓ Well-being Wednesday – the second Wednesday of every month
- ✓ Money Monday – the last Monday of the month

To get a list of topics covered each month and to register for the webinar go to www.usg.edu/well-being/events.

United Way 2-1-1

Find community resources for crisis counseling, disaster services, basic needs such as food and clothing, and many other services online at <http://referweb.net/uwng/>.