



Centered  
on YOU



University System  
of Georgia **Benefits**

## You're an important part of the University System of Georgia

*Let us give you a hand with your mental health through:*

### Kepro – Our Employee Assistance Program Partner



- Get four free, confidential counseling sessions per issue.
- Learn more by visiting the [USG Well-being website](#), by calling 1-844-243-4440 or going directly to [Kepro's website](#).
- Our company code is USGcares.

### 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.
- 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.



#### LiveHealth Online

- Psychiatrists and psychologists are available for virtual visits.
- Psychiatrists have the ability to write prescriptions to treat mental health conditions.
- Schedule an appointment from a mobile device or computer.
- Get started on [LiveHealth Online for psychology](#) or [LiveHealth Online for psychiatry](#).

### Kaiser Permanente Enrolled Employees and Their Families

#### Kaiser Permanente's Mental Health Team

- Employees enrolled in Kaiser Permanente healthcare plans can visit the [Kaiser Permanente mental health](#) website 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.

#### Well-being Apps through Kaiser Permanente

- [myStrength](#)
- [Calm](#)



### USG Well-being Coaching, Provided Through Virgin Pulse

- Get support through phone coaching. To schedule an appointment, log into your well-being account on [Our Well-being](#) or go under the Health tab on the Virgin Pulse app.
- On the Health tab, you can also take advantage of Virgin Pulse's digital coaching experience, called Journeys. These daily, self-guided courses help you build healthy habits across a number of areas.

### Wednesday Virtual Workshops

- Find USG Well-being webinars on mental health and emotional well-being on the [USG Well-being events website](#).