If you have Cigna dental coverage, you also have access to Cigna Healthy Rewards, a discount plan for products and programs such as weight management, fitness, vision and hearing, alternative medicine and healthy lifestyle.

To learn more, login to https://my.cigna.com

BLUE SHIELD MENTAL HEALTH RESOURCES

• Wellvolution - Get no-cost lifestyle based programs, tools and support to lose weight, treat diabetes, quit smoking, lower stress, manage anxiety or depression and more.
• Headspace Care - On demand mental health support day or night
• Teladoc - With 24/7 online access you can skip the line at urgent care and connect with a doctor in 1 hour or less. Mental health appointments are available daily from 7 am to 9 pm.

To access these tools and services, visit www.wellvolution.com or www.teladoc.com/bsc.

Kaiser Mental Health Resources

• Face-to-face counseling sessions with licensed professional mental health providers
• Crisis intervention
• Chemical dependency treatment
• Condition-specific online classes and emotional wellness podcasts
• Online self-assessment tools
• Support groups

To access these tools and services, visit www.kp.org or call Member Services at (800) 464-4000.

TIAA Retirement Financial Consulting

No matter where you are in life - just getting started or planning for retirement - a session with TIAA can help you create a plan for your goals. And, it’s at no additional cost as a part of your retirement plan. You’ll get answers to these questions and more:

• Am I invested in the right mix of investments to help meet my goals?
• Am I saving enough to create the retirement income I need?
• How do I take income from my retirement account once I stop working?

Contact TIAA at (800) 732-8353 or go online at www.tiaa.org/schedulenow to make an appointment to meet with a financial advisor.

The Claremont Colleges recognizes that wellness is an important component of helping you create and maintain a healthy lifestyle. The wellness programs offered by our partners provide tools and information that can help you make important healthy lifestyle choices. These programs enhance your core benefits by offering savings on alternative health and wellness products and services.

If you have questions about any of the listed resources, please contact Benefits Administration at (909) 621-8151 or email benreps@claremont.edu.
Optum Employee Assistance Program

Our EAP can assist you with parenting or relationship problems, financial advice, or legal referrals. Employees and their dependents can receive up to five counseling sessions with a licensed therapist by phone or in person per family member, per issue. Alternatively, you may choose to connect with a licensed therapist online – from anywhere, at any time.

In addition, you can get support and referrals for everyday tasks, including childcare and elder care, household services, and personal services (such as shopping or dog walking).

Talkspace - Convenient, safe and secure online therapy - a digital platform that offers an effective alternative to in-person therapy through in-app chat, voice and video messaging with thousands of licensed, masters-level or higher clinicians available nationwide.

Sanvello - On-demand help for stress, anxiety and depression – Created by psychologists, Sanvello is a top-rated self-help app that uses clinically validated techniques such as cognitive behavioral therapy (CBT) – a type of psychotherapy that has been shown to be especially effective for individuals experiencing high levels of stress, or symptoms of anxiety and depression.

Live and Work Well Benefits:

• Managing Stress
• Improving relationships at home or work
• Addressing legal and financial concerns
• Getting the most out of your career
• Finding child development, childcare or elder care resources
• Getting past emotional issues of grief
• Addressing depression, anxiety or substance use issues

Financial Services:

• Online financial stress assessment
• Self-directed online learning modules on credit, debt and budgeting
• Financial calculator to assess your current situation

Tax consultation and preparation:

• 25% discount for preparation of all personal income tax documents
• 2 calls with a money coach – 100% confidential

Legal Services:

• Access to licensed state-specific attorneys
• One 30-minute telephonic or face-to-face consultation per issue per year at no cost to you
• Ongoing representation by an attorney at a 25% discounted rate

Professional Development for Managers and Supervisors:

• More than 25 seminars help managers enhance supervisory and communication skills, understand organizational dynamics, and enhance morale and motivation in the workplace.

Call (800) 234-5465 or log on to liveandworkwell.com (use access code: claremontcolleges) to get started.