



Ways to Access Emotional Well-being Support

Which Behavioral Health Benefit Should I Use?

Below is a comparison of services available through Resources For Living Employee Assistance Program (EAP), CVS Health Virtual Care, Aetna Behavioral Health Benefits, and the new benefit Talkspace through our EAP. Each comparison focuses on practitioner type, availability, benefits, and costs. Click on each title for details including contact information.

Available to all PCS Employees

1. EAP Resources for Living:

Free emotional support for short-term problem resolution-oriented counseling.

Practitioners: Licensed Master-Level Counselors.

Type of sessions available: Face-to-face or virtual, and telephonic for urgent, in-the-moment, counseling need.

Benefits: Free for all employees and can provide transition through medical plan after sessions are utilized.

Cost: Free to all PCS employees and their household. Up to 8 sessions per concern.

2. Talkspace Chat Therapy through EAP:

Talkspace is an online behavioral therapy platform that allows employees to communicate with a licensed therapist via text, audio, or video message on smart phone or desktop computer. Available to members 13 years and older.

Practitioners: Licensed Mental Health Counselors.
Type of sessions available: Text, audio, or video message.

Benefits: No appointment needed. Same-day access. Members can message their therapist as often as they want to and the therapist is available to reply 5 days a week.

Cost: Free to all employees and their household. Subject to the EAP benefit of up to 8 visits per issue. 1 week of Chat Therapy qualifies as 1 of the 8 visits. 25% self-pay discount available after 8 sessions are used.

Contact Resources for Living EAP 24/7
800-848-9392
www.resourcesforliving.com
Username: pcsb | Password: eap

3. Aetna Behavioral Health Plan

Benefit:

Aetna Behavior Health Plan benefit is provided to all members with the Aetna medical insurance through PCS for Adults and Children aged 13 and up*:

Practitioners: Psychologist, Psychiatrist, or Licensed Mental Health Counselors.

Type of sessions available: Virtual or Face-to-face.

Benefits: Able to treat more complex mental health issues or long-term problem resolution.

Cost: Subject to Aetna Member's plan selection—

Aetna Select: \$25 copay/ \$60 Specialist

Choice Share Plan & CDHP: 20% after annual deductible is met

Basic Essential: 0% after deductible

CVS Health Virtual Care:

CVS Health Virtual Care is included in your Aetna Health plan. You'll have access to 24/7 on-demand Primary Care Services and Mental Health Services, in addition to your traditional network of providers. Available for adults and children over 18 months.

Type of sessions available: Virtual. Your Care Team will schedule in-person care appointments on your behalf if you need an in-person specialist.

Benefits: Appointments may be sooner than local network options because of state-wide network.

Virtual On-Demand Care Cost: Subject to Aetna Member's plan selection— Aetna Select / Choice Share Plan & CDHP: \$25 copay / Basic Essential: \$40 copay

Virtual Primary Care Cost: Subject to Aetna Member's plan selection— Aetna Select: \$35 copay / Choice Share Plan & CDHP: 20% after deductible / Basic Essential: \$50 copay

4. CVS Health Hub:

CVS Health Hubs provide medical and behavioral health services on-site or telephonically. Check your HealthHUB to verify they have a therapist on staff.

Practitioners: Licensed Mental Health Counselors.

Type of sessions available: Virtual or Face-to-face.

Benefits: Available most days a week including weekends.

Cost: Subject to Aetna Member's plan selection—

Aetna Select: \$25 copay/\$60 Specialist

Choice Share Plan & CDHP: 20% after annual deductible is met / Basic Essential: 0% after deductible

Aetna members may also utilize their EAP benefit for behavioral health visits. Prior authorization from EAP is required.

CVS HealthHUB Locations:

1. 8001 9th St. N., St. Petersburg, FL 33702 8905
2. Bryan Dairy Rd., Largo, FL 33777
3. 2175 Main St., Dunedin, FL 34698
4. 3087 US HWY 19 N., Clearwater, FL 33761
5. 1000 East Tarpon Ave., Tarpon Springs, FL 34689

QUESTIONS?

Contact the Aetna Concierge
Customer Service 866-253-0599

www.aetnapcsb.com

