

# POWER UP

An Employee Wellness Initiative

# Human Resources

## Mental Health Resources:

- Employee Assistance Program (EAP)
- BCBSTX HealthSelect
- ERS Resources
- Meditation & Yoga Opportunities
- Online Resources



# Human Resources

## Employee Assistance Program (EAP)

### 3 Counseling Sessions per Employee per Issue per Year

- ❖ System-wide
- ❖ Employees and their dependents
- ❖ Counseling and 24/7 crisis consultations
- ❖ Totally confidential
- ❖ Help from state-wide network of licensed mental health clinicians
- ❖ ***No cost to you***



# Human Resources

## EAP Counseling Services

### Counseling for All Types of Concerns:

- Stress & Anxiety
- Depression
- Alcohol/Drug problems
- Parenting & Family Concerns
- Couples, Relationship Issues
- Unexplained irritability
- Grief or Bereavement
- Anger Management
- Change & Life Transitions
- Work Conflicts
- Communication Skills
- Loneliness & Isolation

# Human Resources

## Employee Assistance Program (EAP)

### Additional Information:

- [UTEAP.ORG](http://UTEAP.ORG)
- <http://www.uh.edu/human-resources/benefits/eap/>

### Contact:

- ❖ 800-346-3549
- ❖ 713-500-3327
- ❖ <https://www.uth.edu/uteap/contact.html>

# Human Resources

## Blue Cross Blue Shield of Texas (BCBSTX)

### Mental Health Services for HealthSelect and Consumer Directed HealthSelect Members

- ❖ Blue Cross and Blue Shield of Texas now manages mental health benefits for both HealthSelect of Texas and Consumer Directed HealthSelect participants, replacing Magellan Healthcare (Sept. 1, 2020).
- ❖ You now have just one company to call for medical and mental health benefits questions and one website to visit to view your claims.



# Human Resources

## BCBSTX Health Select Mental Health Services

- ❖ Due to COVID-19 impact, telehealth/telemedicine services with an **in-network** mental health provider are **temporarily being covered at no cost** for all HealthSelect plan participants.
- ❖ Mental health benefits include coverage for inpatient treatment, outpatient treatment, and office/telehealth visits.
- ❖ HealthSelect of Texas® participants do not need a referral for any mental health services. *However*, some services, such as inpatient treatment or intensive outpatient hospital treatment, need a prior authorization before the plan will cover them.

# Human Resources

## Talk to a BCBSTX Counselor

- ❖ You or a covered dependent can get help with a mental health or substance use issue 24 hours a day, seven days week.
- ❖ Coverage includes care for many mental health concerns including:
  - Alcohol and Drug Use Issues
  - Anger Management
  - Anxiety
  - Bipolar Disorder
  - Depression
  - Domestic Violence
  - Grief
  - Post-traumatic Stress Disorder (PTSD)
  - Schizophrenia and Schizoaffective Disorder
  - Suicidal Thinking
  - Stress



# Human Resources

## Blue Cross Blue Shield of Texas HealthSelect Mental Health Services

Visit <https://healthselect.bcbstx.com/> for more information, to identify in-network providers or to review your claims.

- Blue Access for Members
- Find a Provider directory
- or
- Contact a BCBSTX Personal Health Assistant by phone at **800 252-8039 (TTY:711)**

# Human Resources

## ERS Resources:

- ERS Webinars – <https://ers.texas.gov/event-calendars/wellness-events>
  - **Address Your Stress**, Tues., Dec. 8<sup>th</sup> at 3PM
  - **Gratitude: Science & Practical Application**, Thurs., Dec. 10<sup>th</sup> at 10AM



# Human Resources

## Reminder: POWER UP with Yoga!

Join Nancy Sanger for Yoga Sundays, 11AM; Mondays, 7PM; and Wednesdays, 8PM

- Free 30 min. virtual classes three times a week
- Missed a class? Visit the yoga archive of classes online!
  - Beginner Yoga
  - Yin Yoga
  - Yin & Yin Yoga



<https://us02web.zoom.us/j/5270815095>

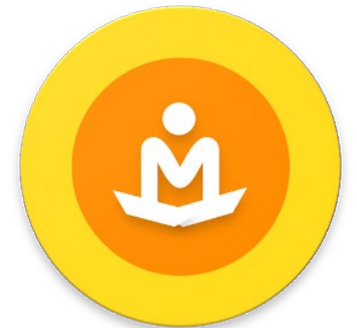
Meeting ID: 527 081 5095

\* NO CLASSES FROM DECEMBER 20<sup>th</sup>- DECEMBER 28<sup>th</sup>

## Meditate with the UH Wellness Center & Mindful Coogs:

- Virtual Meditation Sessions – Instagram Live!
- Thursdays, 12:15 - 12:45 PM
- Session focus varies from week to week
- No pre-registration is required - just log on and join in

<https://www.instagram.com/wellnessuh/>



# Human Resources

**Campus Recreation** -- <https://uh.edu/recreation/>

- In-Person/Zoom Virtual Physical Fitness Classes
- Mondays, Tuesdays, Wednesdays, Thursdays
- Group Fitness Opportunities:
  - Yoga
  - Totally Toned
  - Cardio Dance
  - Pop Pilates
  - Body Sculpt
  - Pilates Intense Interval Training



## GROUP FITNESS SCHEDULE

<https://www.uh.edu/recreation/fitness/files/december-group-fitness-schedule.pdf>

# Human Resources

## Free Services to Support Your Mental and Physical Health:

[COVID-19 Information - Texas Department of State  
Health Services](#)

Or call 2-1-1, option 6

[Mental Health Support Line - Texas Department of State  
Health Services](#)

The Harris Center – 713-970-7000

[re:MIND Support Groups for Anxiety, Depression, Bipolar  
Disorder Including Family Groups](#)

## Suicide Prevention:

[National Alliance on Mental Illness \(NAMI\) – 800-273-](#)

TALK

[Crisis Hotline](#)

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