

TELEHEALTH & Therapy Resources



DID YOU KNOW? You can connect with a therapist who understands your cultural beliefs, values, and attitudes to meet your unique needs. Visit <https://rb.gy/rbyzaw> to learn more.

GUIDANCERESOURCES® FOR EMPLOYEES

Your **GuidanceResources®** EAP provides free short-term counseling with counselors in your area who can help you with personal or emotional concerns. All employees and household members are eligible to receive **5 free and confidential counseling sessions** per presenting issue, per year. Sessions can take place in person, telephonically, or virtually. If it is determined that an issue cannot be appropriately addressed in short-term counseling in the EAP and you will need longer-term treatment, you will be referred to a specialist early on. Your EAP counselor will work with you to help identify an appropriate care plan.

IBC THERAPY SERVICES & ONLINE TOOLS

Your SDP Keystone or Personal Choice medical insurance includes **therapy services** with a specialist copay. To find an in-network provider, call the number on the back of your ID card.

Tele-Behavioral Health Virtual Visits

To locate a licensed professional who offers tele-behavioral health services, call **800.688.1911**.

On To Better Health Program

This confidential online program can help you improve your emotional well-being with self-assessments, articles, videos, and personalized and guided therapy. To get started, log into **www.ibx.com** and select **Value-Added Services** from the Health & Wellbeing menu. Then, select **On To Better Health**.

If this is your first visit, follow the prompts to complete the Smart Screener assessment. You'll get a personalized list of recommended programs and resources that are most beneficial for you — and you can access them anytime.

MDLIVE VIRTUAL COUNSELING

If you are enrolled in the Keystone or Personal Choice medical plans, you have access to virtual counseling sessions with **MDLIVE**, with no copay. You can have a confidential virtual care visit for conditions such as anxiety, depression, and panic disorders.

Registering is easy!

Text **IBX** to **635.483**. **Sophie**, a virtual assistant, will help you get registered.

- Download the MDLIVE app
- Visit **www.mdlive.com/ibx**
- Call **1.877.764.6605**

WANT TO LEARN MORE?

For more information about the programs outlined here, as well as additional resources, visit our wellness page:

WWW.PHILASD.ORG/BENEFITS/WELLNESS



THE SCHOOL DISTRICT OF
PHILADELPHIA