

YOUR EMOTIONAL WELLBEING MATTERS



Resiliency Resources

MindCheck
Emotional Barometer

Calm
Sleep & Meditation

MyStrength
Emotional Health

Positivity Center
Resource Library

Prevention Cloud – Journey videos

Peer Support

Prevention Cloud
Employee Interest Groups

Claremont EAP Virtual Peer Support Groups

Coaching

Ginger
Text-based Coaching

Prevention Cloud
In person and Telephonic Coaching

Claremont EAP
Tess AI Chatbot

Short-term Counseling

AbleTo
8-week Coaching Program

Claremont EAP
In-person & Video Counseling

Therapy/ Psychiatry

Aetna Behavioral Health Management
Therapy & Psychiatry

Kaiser Behavioral Health Management
Therapy & Psychiatry

Virtual Therapy

Teladoc
Phone & Video Therapy & Psychiatry

Ginger
Video Therapy & Psychiatry

BetterHelp
Phone, Video, & Text-based Therapy

Work-Life Balance

Live Mindfulness and meditation classes

Yoga in the park

Claremont EAP
Dependent Care, Legal Assistance, & Financial Consulting

Maternity Support

Maven
24/7 Virtual Care for Pregnancy, Postpartum & Return to Work

Emergency Maternity Mental Health Referrals

1st Responders

Claremont
Short-Term Counseling, Online Wellness Resources, On-Demand Emotional Wellness Support, Online Group Sessions

Peer Support Program

Kaiser
Well-Being at your fingertips

Available to ALL employees

Available to Kaiser Members

Available to Aetna Members

Your Benefits, Your Choice.
You Matter, Be Healthy.

Start
HERE

YOUR EMOTIONAL WELLBEING MATTERS



Preventative Resources

PreventionCloud

- **Employee Interest Groups** In-person Peer Support Groups
- **Emotional Support Coaching** Phone Coaching focused on skill-building

Aetna

- **MindCheck** Emotional Wellbeing
- **Healthy Lifestyle Coaching** Digital programs and support for stress, depression, sleep, and more

Kaiser

- **Calm** Meditation
- **MyStrength** Digital programs and support for stress, depression, sleep, and more
- **Positivity center** Online resources for resilience, mindfulness and meditation, gratitude, self-assessment, and more



Short-Term Help

Claremont EAP

- **Positivity Center** Online resources for resilience, mindfulness and meditation, gratitude, self-assessment, and more
- **Tess AI Chatbot** 24/7 text-based emotional support
- **Peer Support Groups** Virtual peer support groups up to 10 sessions
- **WorkLife Services** Dependent care referrals, legal assistance, and financial consulting
- **Mental Health Coaching** Phone & video, skill-building coaching
- **Counseling** In-person & video counseling up to 8 sessions
- **BetterHelp** Phone, video, & text-based therapy

Aetna

- **Able to provide** 8-week virtual coach and therapy sessions
- **Ginger** Text-based coaching for skill-building
- **Maternity Support** Emergency maternity mental health referrals

Kaiser

- **Ginger** Text-based coaching for skill-building
- **Maternity Support** Emergency maternity mental health referrals



Long-term Help

Aetna

- **Ginger** Video therapy and psychiatry
- **Teladoc** Phone or video therapy, psychiatry, and counseling
- **Behavioral Health Condition Management** In-person therapy & psychiatry (virtual visits available)

Kaiser

- **Kaiser Virtual Care** Virtual primary care visits
- **Therapy, Psychiatry, Group Therapy, and Intensive Outpatient** In-person therapy & virtual visits available

Your Benefits, Your Choice. You Matter, Be Healthy.

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PreventionCloud

Employee Interest Groups	Visit preventioncloud.com and select the “Events” tab to register for a group or take the health assessment to get started
Health Coaching	

Claremont EAP (Powered by Uprise Health)

Positivity Center	Visit positivitycenter.org to access the resource library or call 800-834-3773
Tess AI Chatbot	Text “Hi” to 650-825-9634 and enter “Claremont” as your company name to opt-in
Peer Support Groups	Call 800-834-3773 to register for an online support group.
Short-Term Counseling	Call 800-834-3773 to make an in-person or virtual appointment.
BetterHelp	Call 800-834-3773 to access therapy benefits (messages, chat, phone, video, and text-based therapy)

Kaiser

Calm	Visit healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital to access subscription
MyStrength	Visit healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital to access resources
Ginger	Visit healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/digital to access resources
Therapy & Psychiatry	Call 650-627-1700 to make an appointment or get advice.
Maternity Services	Visit https://healthy.kaiserpermanente.org/health-wellness/maternity or call 866-454-8855 to speak with an advice nurse.

Aetna

MindCheck	Visit Mindchecktoday.com .
Aetna Healthy Lifestyle Coaching	Visit Aetna.com or call 1-866-213-0153.
Ginger	Text-based coaching for skill-building, video therapy, and psychiatry.
Teledoc Mental Health	Visit Teladoc.com/Aetna or call 1-855-Teladoc (835-2362).
Behavioral Health Condition Management	For more information please call the number on the on your Member ID Card.
Aetna Enhanced Maternity Program by Maven	Visit MavenClinic.co/join/aetna or call 1-800-272-3531

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