



Supporting Your Mental Well-Being

Mental well-being is an essential part of your overall health. During Mental Health Awareness Month and beyond, Envision encourages you to explore the benefits and resources available to help you care for your mental and emotional health.



This quarter's Benefits Blast highlights just a few of the mental health resources available to you and your family through Envision benefits, several of which are available at no additional cost. These programs are designed to help you prioritize your mental and emotional health and find the right support when you need it.

By the Numbers

Mental Health

Reflecting broader trends, Envision is experiencing increased demand for behavioral and mental health services.



No-Cost Support For All of Life's Challenges

Whatever life brings your way, you do not have to face it alone. **TELUS Health** offers confidential support to help you navigate everyday challenges such as stress, anxiety, work-life balance, and relationship concerns. Support is available in a variety of ways to fit your needs and preferences, including:

- **By phone** – Speak with a counselor 24/7
- **In person** – Face-to-face counseling sessions
- **Online** – Chat, video sessions and digital resources
- **Self-guided tools** – Articles, videos, assessments, and podcasts

TELUS Health is available to teammates and their spouses, children, parents, and parents-in-law at no cost. Medical plan enrollment is not required.

Get started: Call 1-833-622-7984 or log in to the benefits website (via Okta or EnvisionHealthcareBenefits.com).

[Learn More: View the TELUS Health Flyer →](#)



Mental Healthcare From Anywhere

Caring for your mental health should fit into your life, not add more stress to it. **CVS Virtual Care** makes it easier to connect with licensed mental health providers from the comfort of home or wherever it's convenient, with flexible options designed to work around your schedule. Available services include:

- Therapy sessions for stress management, life changes, and more
- Psychiatric evaluations and medication management (18+)
- Addiction support
- Specialized care for anxiety, depression, and postpartum depression

CVS Virtual Care is available to teammates and covered dependents enrolled in an Envision medical plan.

Get started: Schedule a visit at cvs.com/virtual-care.

[Learn More: View the CVS Virtual Care Flyer →](#)



Clarity and Confidence for Mental Health Decisions

Receiving a new mental health diagnosis or considering changes to your care plan can feel overwhelming. You have no-cost expert support available through **2nd.MD** to help you understand your options and feel more confident in your path forward.

2nd.MD connects you with leading mental health specialists, including psychiatrists and psychologists, for an expert second opinion. The process is designed to be supportive and informative, helping you:

- Confirm or better understand a mental health diagnosis
- Review and validate a treatment plan
- Explore additional care options
- Collaborate more effectively with your current care team

Video appointments are available when it's convenient for you, including evenings and weekends. 2nd.MD is available to teammates enrolled in an Envision medical plan and their family members (including parents, parents-in-law and adult children).

Get started: Call 1-866-841-2575 or visit 2nd.MD/envision

[Learn More: View the 2nd.MD Flyer →](#)

Did You Know?

Seeking Support At Your Own Pace?

TELUS Health offers a CareNow Counselor-Assisted Program, which allows you to explore clinically designed well-being content at your own pace while still having access to counselor support when you need it. With CareNow, you can:

- Message a counselor as you review resources and practice exercises
- Schedule counselor check-ins to help you stay on track and work toward your goals

[View Your Benefits Guide for More →](#)