



# Be the best version of you!

Your mental health resources



## Have questions about your benefits?

Call the **Associate Experience Center** at  
888-255-2260 M-F, 8 a.m. to 6 p.m. MT

Well-being isn't just about your physical health. It's also about maintaining a healthy behavioral and emotional balance so you have the resilience to take on life's stressors and cope with any big changes that come your way. Learn about the benefits Albertsons Companies offers to help you handle everyday challenges and ease your mind.

## Employee Assistance Program (EAP)

### What

Stress. Depression. Juggling finances. Life can be messy. The Employee Assistance Program (EAP) is here to help. You and your family members can get up to five confidential counseling sessions by phone or in person per issue per year—for free through the EAP.

### Who

Available to all benefits-eligible associates and their household members.

### Why


We could all use some help from time to time. You may have supportive friends and family, but an objective, trained support professional can often provide the kind of unbiased assistance your loved ones can't. A brief conversation with the right person can be just what you need to start feeling better.

### Highlights

- Assistance with mental health issues, stress management, work-life balance, financial and legal matters, and more.
- Convenient, reliable support that's completely confidential.
- Get referrals to resources and services to help you manage everyday tasks and simplify your life.
- Access to [guidanceresources.com](https://guidanceresources.com) with individualized resources and personalized recommendations.

### Connect

#### ComPsych EAP


 **Call: 877-294-3271**

 **Website:**  
[guidanceresources.com](https://guidanceresources.com)

Counselors are trained support professionals and are available 24/7.

The Guidance Resources website provides three easy paths to help you get the support you need..

- **Connect me with an expert or schedule appointments:** Direct access to live care.
- **Guide me:** Get help choosing between live care and other tools.
- **Assess me:** Take a well-being assessment to evaluate your needs.

 **Mobile App:**  
**GuidanceNow<sup>SM</sup>**



# Teladoc Health



## What

Teladoc is the telemedicine provider for Blue Cross of Idaho members with coverage for non-emergency medical conditions, mental/emotional health, dermatology and nutrition. You can connect with experts for behavioral health visits. Whether you need help with one issue or want to talk with someone on a regular basis, behavioral health experts are available from 7 a.m. to 9 p.m. local time. PPO and EPO members will pay \$20 per visit. HSA members pay the full cost until the annual deductible is met, then \$20 per visit.

## Who

Teladoc is available to non-union associates and their covered dependents age 13 and older enrolled in a Blue Cross of Idaho (BCI) medical plan.

## Why

Taking care of your mental health is an important part of your overall well-being. You and your covered dependents can talk to a therapist or psychiatrist of your choice for help with anxiety, depression, grief and more through convenient phone or video consultations!

## Highlights

- You and your covered family members age 13 and older can get care from anywhere.
- Schedule an appointment to talk to a licensed therapist or psychiatrist.



If you are enrolled in a Kaiser plan, you have access to telemedicine services directly through Kaiser's appointment call center. When you call in, you'll be given the option of having a telephone or a video visit. There is no cost for these services. Call M-F, 8 a.m. to 5 p.m. local time.

- |                                     |                           |
|-------------------------------------|---------------------------|
| • Kaiser Northern CA:               | 800-464-4000              |
| • Kaiser Southern CA:               | 800-900-3277              |
| • Kaiser Northwest (OR & SW WA):    | 855-632-8280              |
| • Kaiser WA:                        | 888-287-2680              |
| • Kaiser CO/Southern CO:            | 303-471-7700/866-702-9026 |
| • Kaiser GA:                        | 800-611-1811              |
| • Kaiser Mid-Atlantic (MD, VA, DC): | 866-530-8778              |
| • Kaiser HI Oahu/Neighbor Islands:  | 808-945-7600/888-945-7600 |

## Connect

### Teladoc

You have three ways to set up a Teladoc account:

1. Go to [Teladoc.com](https://www.teladoc.com)

2. Download the Teladoc mobile app:



3. Call **800-835-2362**

## Support for Learning, Social or Behavioral Challenges



### What

RethinkCare provides associates raising children with learning, social or behavioral challenges up to 6 hours of teleconsultations per year with behavioral health experts at no cost when you access the benefit.

### Who

RethinkCare is available to all associates eligible for company health plans.

### Why

You get 24/7 access to tools and resources to help you and your care team in understanding, teaching, and better communicating with your child.

### Highlights

- Speak with board-certified behavioral therapists. Connect all members of your child's care team through one platform.
- Access comprehensive online treatment courses and over 1,500 short skill-building videos designed to help you improve your child's social skills and in-classroom behavior.

### Connect

#### Get started with RethinkCare



- Go to the [RethinkCare website](#).
- Enter enrollment code "**ALBERTSONSCOMPANIES**".
- Complete the information requested.



**Have questions? Call 800-714-9285.**

## Healthy Lifestyle Programs



Healthy lifestyle programs include lifestyle management, nutritional and physical and emotional well-being. Telephonic wellness coaching addressing sleep, stress and life balance. Self-care apps also available.

### Who

Healthy Lifestyle programs are available to associates and dependents enrolled in the Kaiser medical plan.

### Why

Everyone needs support for total health—mind, body and spirit. Self-care tools support people looking for ways to manage stress and build resilience, improve awareness and adapt to life particularly in uncertain times.

### Highlights

- Chat with a Doc program in CO, GA and WA allows for quick advice from a Kaiser Permanente doctor online and in real time.
- Kaiser members have free access to Calm (meditation platform) as well as access to Kaiser digital self-help tools.

[kp.org/selfcareapps](https://kp.org/selfcareapps)

### Connect

#### Well-Being Coach or Registered Dietician



**Call: 866-862-4295**

<https://healthy.kaiserpermanente.org/health-wellness/wellness-coaching>





If there are any differences between this flyer and the plan documents, the plan documents will be followed. Albertsons Companies reserves the right to amend or terminate the plans in whole or in part at any time. This information applies to certain associates participating in the Albertsons Companies Health and Welfare Plan. This information may not apply to certain union-represented associates unless specifically provided in a collective bargaining agreement.