

How to access your Behavioral Health Benefits

Employees at Westmont have two options to access behavioral health benefits, such as counseling services or psychiatric testing.

- **ANTHEM Medical Benefits**

- **\$30/visit**
- **Types of counseling services available:**
 - Psychiatrist (typically for prescribing psychiatric Rx, psychiatric testing, etc)
 - Psychologist
 - Counseling Services (Master's level clinicians, e.g. Marriage Family Therapist/MFT, Marriage, Family, and Child Counselor/MFCC)
- **To find a provider:**

Simply logon to Anthem and review the list of providers

 - <https://www.anthem.com/ca/find-care/>

- **Aetna Employee Assistance Program (EAP)**

- No co-pay, 8 visits/per issue/per person/per year
- Types of counseling services available:
 - Psychologist
 - Counseling Services (Master level clinicians, for example a Marriage Family Therapist/MFT, Marriage, Family, and Child Counselor/MFCC)
- To Utilize this Benefit for **in-person** visits:
 - Call **Aetna EAP** at **1-800-342-8111** for authorization and to obtain a list of eligible providers.
 - Provide your information and Aetna will email you the list of providers to choose from.
 - Once a provider is selected, call Aetna to receive authorization to schedule an appointment.
- To Utilize this Benefit for **chat** visits:
 - **Complete** a short online questionnaire at resourcesforliving.com.
 - Username: Westmont College
 - Password: eap
 - **Choose** a therapist from a list of suggested providers.
 - **Connect** with a counselor virtually with televideo and/ or chat therapy.*
- Additional resources available directly on the Aetna EAP website at resourcesforliving.com.

If you need assistance accessing your behavioral health benefits, please contact benefits@westmont.edu.