

Mental & Behavioral Health Solutions

Empower Residents to Seek the Treatment They Need.

73% of employers identified employee mental health and workplace stress as a priority, even before the pandemic. The good news is Mental & Behavioral Health Solutions includes access to a full breadth of services to address these issues.*

Stay At Work Benefit for Residents

- A Reasonable Accommodation Expense Benefit for case management, personalized equipment, and other costs.
- Proactive disability management program that provides a behavioral health case manager, nurse or vocational specialist.
- Connection to resources, disease management, and wellness programs.
- Included at no cost with the AMA-Sponsored Group Resident LTD Program.

Resident Assistance Program

- Confidential assistance for problems and work-life concerns including 3 or 6 crisis counseling sessions.
- 24/7 access by phone, online, live chat, email, and text.
- Professional help for depression, family/relationship issues, and stress/anxiety, as well as financial & legal concerns like online will preparation and identity theft & fraud services.
- May be added to the AMA-Sponsored Group Resident LTD Program at \$4.20/year/resident for the 3 face-to-face session plan or \$7.20/year/resident for the 6-session plan.

WellPak

- Coverage for outpatient and in-patient mental health treatment and wellness treatment, such as prescribed massage therapy and acupuncture.
- Useful coverage for everyone: office visits, Rx, labs, and more.
- Mental health and well-being support services, offering confidential access and navigation to resources to address the full spectrum of mental health needs from everyday stressors to clinical diagnoses.
- May be purchased stand-alone.

To learn more about our Mental & Behavioral Solutions, contact groupltdprogram@amainsure.com or call 888.627.6618.



* MetLife Employee Benefits Trends Study, 2020

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