

Wellness News

Tips for employers and employees to stay healthy
Issue I - May 2020: Mental Health Awareness



May is Mental Health Month

Mental health and substance abuse issues not only impact an individual experiencing the illness, they create a ripple effect impacting family, friends, co-workers and ultimately the community. According to NAMI, 1 in 5 US adults experience mental illness with 1 in 25 experiencing serious mental illness. Ignoring mental health in the workplace can result in an inefficient workplace and hardship for employees; it is time for us to be proactive in our workplace environments. This month, we encourage you to raise awareness and support throughout your workplace to help debunk the harsh stigma around mental health.

CareFirst is here for you!

Our specially trained service representatives, registered nurses, clinical social workers and licensed behavioral health specialists will connect you to the right services based on your individual needs:

- Help finding the right mental health provider(s) and schedule appointments
- Connect you with a care coordinator who will work with your doctor to create a tailored action plan
- Find support groups and resources to help you stay on track

CareFirst members have access to specialized services and programs for depression, anxiety,

drug or alcohol dependence, eating disorders and other mental health conditions.

For support during a crisis or help making an appointment, call 800-245-7013 or for more information visit carefirst.com/mentalhealth.

National Resources

- National Institute on Mental Health (www.nimh.nih.gov)
- National Alliance on Mental Health (www.nami.org)
- MentalHealth.gov (www.mentalhealth.gov)
- The Center for Disease Control and Prevention (<https://www.cdc.gov/mentalhealth/>)

Wellness Program Spotlight

Inspirations and Relax 360°

Inspirations and Relax 360° can help you take control of stress. Available through the CareFirst Wellness Portal - Sharecare, both tools offer relaxation and wellness videos that help you experience freedom from stress, unwind at the end of the day, or ease into a restful night of sleep.

Features & Benefits of Inspirations/Relax360

- Available 24/7
- Includes soothing music or the sights and sounds of nature
- Airplay functionality using Apple TV
- Yoga and meditation videos
- Relax 360° can be viewed in virtual reality for an immersive experience

Health Coaching

Lifestyle coaching helps identify opportunities to improve your health and well-being. Incorporating regular stress management techniques is one of many topics you can focus on with your health coach.

Register today, login to your CareFirst wellness app powered by Sharecare, to find the online coaching registration under the Achieve icon or call 877-260-3253 (select option 7).

Onsite/Virtual Wellness Opportunities

CareFirst has a variety of mental health/wellness opportunities that can be delivered to your employees virtually (as many continue to work remote) or onsite. Chat with your wellness consultant about setting one up for your employees, today! Options include:

- Yoga
- Relaxation/Meditation Sessions
- Online Challenges – Feel Like a Million
- Webinars focused on mental health/stress

Current Buzz

Video Visit for Mental Health

Did you know you can utilize your CareFirst Video Visit to talk with a therapist or psychiatrist? Chat virtually with a mental health

expert to help manage your concerns or issues including anxiety, depression and grief.

Register today by visiting carefirstvideovisit.com or download the CareFirst Video Visit app from your favorite app store.

Tips for boosting mental health

- Stay connected – meet up with friends and family or join social groups
- Stay active – physical activity is good for the brain. Get out for a walk or dance to your favorite song, small bouts of physical activity all count
- Stress less – incorporate stress management techniques such as yoga or meditation, or simply make leisure time a priority
- Get a Good Night's Sleep – 7-9 hours per night of sleep can improve your mood, energy levels, mental sharpness, and ability to handle stress.
- Food can boost your mood – a healthy diet can improve energy levels, improve your sleep and mood, and help you to look and feel your best.

Turn-key Idea's to Promote Mental Health at Work

- Wear Green Day – Green is the Mental Health Awareness color. Promote wearing green and encourage employees to take photos and share them with HR!
- E-mail or hand out a mental health wallet card that includes a list of mental health resources through EAP, CareFirst, and more!
- Make taking a break during the day a priority – offer relaxation rooms and indoor/outdoor walking paths for movement and mental break moments