CEBT Mental Health Services



CEBT
Benefit by Trust

Taking care of your mental well-being is essential, and we're here to support you every step of the way. The **CEBT Benefits Package** offers a variety of mental health services—available to you no matter which health plan you're enrolled in.

Explore the options below to find the support that fits your needs.
We're here to help.

Benefits		UMR	Surest	Kaiser
AllOne Health (EAP)		Includes 6 **Free** counseling sessions per issue, per year & 6 **Free** life coaching sessions per year		
Modern Health (digital mental health services)		Includes 8 **Free** counseling & 8 **Free** life-coaching sessions per year, with the option to continue care with the same provider at the appropriate plan cost-share.		
<u>No-Cost Support Apps</u> **Calm**: sleep, meditation, etc. **Headspace**: 1-on-1 emotional support, coaching, self-care		Not Available	Calm	Calm & Headspace
TalkSpace (online therapy)		Offers real-time face-to-face video visits. Counts as an in-network provider; standard plan cost-share applies.		Not Available
Out of pocket costs for mental health, or substance abuse services	Out-Patient Services	• Office Visit Co-pay • Deductible + 20% out-patient facility • *HDHP Plans are subject to cost share		
	In-Patient Services	• Deductible + 20% Co-insurance in-patient facility		
Scan the QR Codes to find in-network providers / services		Find Costs & Care > Find a Provider > View Providers > Select Behavioral Health		Click "Find Doctors & Locations" at the bottom, use keyword "mental health"

For more information call or visit us at: **303-773-1373** **cebt.org**