

Take care of your emotional wellbeing

Often our friends, co-workers, neighbors, and family members are suffering emotionally and don't recognize the symptoms or don't feel comfortable asking for help. And sometimes we're the ones who are suffering in silence.

Emotional wellbeing matters

Today, and any day, mental and emotional wellness is important for each of us. At BSC, we care about you and your overall wellbeing. Whether for you, a family member, or a friend, BSC provides resources, like this guide, so you can discover tools, techniques, and resources for your particular situation.



Explore these other resources:

[WellBeing SharePoint site](#)

[WellBeing Yammer Group](#)

Together, let's end the stigma of mental illness

The keys to helping yourself or a loved one reach and maintain a healthier state of mind are often open discussions and understanding the underlying conditions or emotions that may require attention, and the support available.

Know that you are not alone

We can end the stigma by advocating for change. You can take the National Alliance of Mental Illness (NAMI) Pledge:

1. Educate yourself and others
2. See the person not the condition
3. Take action

Pledge to be StigmaFree



Nearly **1 in 5**

American adults has a diagnosable mental health condition

Source: U.S. Department of Health and Human Services

How am I feeling?

Mental illness takes many forms. A mental illness is a condition that affects a person's thinking, feeling, behavior, or mood. Here are common conditions that you or a loved one could be experiencing.

Anxiety and depression

According to the Anxiety and Depression Association of America, it's not uncommon for someone with an anxiety disorder to also suffer from depression or vice versa.

While depression and anxiety disorders are different—each with its own causes and symptoms—people with depression often experience symptoms like those of an anxiety disorder. These include nervousness, irritability, sleeping problems, and trouble concentrating.

Substance use disorder

One of the signs that you or someone you love may be suffering emotionally and need help includes a lack of attention to personal care and engaging in risky behavior—such as substance use. Substance use can also worsen mental health conditions, such as anxiety, depression, and bipolar disorder.

If you're experiencing one of these or another condition, you're not alone. BSC offers **immediate help** and ongoing resources you, or someone you love, may need to feel better.

Understanding stress

When something normal, like stress, is chronic, an individual may have feelings of panic, anxiety, helplessness, fatigue, or depression.

Stress can cause or contribute to many physical conditions, including high blood pressure, heart disease, diabetes, obesity, depression or anxiety, skin problems, such as acne or eczema, and menstrual problems.



Understand what you're feeling by exploring your emotions.

What's my coverage?

As a BSC employee, you have the flexibility to choose from many high-quality health care providers, depending on where you live and other factors. Whichever medical plan you're enrolled in, you have coverage to support your mental health or substance use recovery.

For members enrolled in the UMR plans

Behavioral health support through MyQHealth

MyQHealth has a multi-disciplinary team of in-house experts focused on behavioral health (BH) support services, including a BH medical director (psychiatrist), BH managers, registered nurses (RNs), patient care guides, service representatives, and social workers with a BH background. MyQHealth is dedicated to supporting BSC members through care coordination, navigation for BH services, accessibility to medication, scheduling appointments, and access to providers' offices. With this breadth of support, it's no wonder MyQHealth is the one to contact when you need help.

MyQHealth

➤ <http://www.bscomyqhealth.com/>

☎ 1-855-649-3857

Teladoc Virtual Behavioral Health Care

➤ <https://www.teladoc.com/>

☎ 1-800-835-2362



Questions about prescription drug coverage?

OptumRx

- Log on to optumrx.com to create your Member Account (or single sign-on to your account through MyQHealth)
- ☎ **1-844-368-8737** (24 hours a day, seven days a week)

See how MyQHealth can help.

What's my coverage?

Coverage for applied behavior analysis (ABA)

Mental health coverage includes psychological counseling for dependent children. Coverage includes applied behavior analysis (ABA) benefits for the diagnosis and treatment of autism spectrum disorders. The plan covers medically necessary assessments, evaluations, or testing as well as psychiatric care, psychological care, therapeutic care, and habilitative or rehabilitative care, when provided or ordered by a licensed physician or psychologist. It also includes ABA performed under the supervision of a board-certified behavior analyst (BCBA).

Please note that the typical medical necessity review after 25 visits does not apply when short-term rehabilitation therapy is provided as part of the treatment of autism spectrum disorders. Copays are waived for treatment related to ABA if pre-certification of services is obtained.

Review the [Summary Plan Description](#) for details.



What's my coverage?

UMR Base Plan (PPO)

UMR Consumer HDHP with HSA

Services	In-network	Out-of-network	In-network	Out-of-network
Teladoc				
General medicine	\$0 member responsibility through December 31, 2021	N/A	\$0 member responsibility through December 31, 2021	N/A
Dermatology	\$0 member responsibility through December 31, 2021	N/A	\$0 member responsibility through December 31, 2021	N/A
Behavioral health	\$0 member responsibility through December 31, 2021	N/A	\$0 member responsibility through December 31, 2021	N/A
Outpatient*				
Mental health or substance use disorder treatment—office visits	\$25 copayment (deductible waived)	40% coinsurance after deductible	20% coinsurance after deductible	40% coinsurance after deductible
Therapy services—medical necessity review after 25 visits	\$25 copayment (deductible waived)	40% coinsurance after deductible	20% coinsurance after deductible	40% coinsurance after deductible
Inpatient**				
Mental health or substance use disorder facility care	20% coinsurance after deductible	40% coinsurance after deductible	20% coinsurance after deductible	40% coinsurance after deductible

* Intensive outpatient services are included and are defined as a treatment program used to address addictions, depression, eating disorders, or other dependencies that do not require detoxification or round-the-clock supervision. Authorization is required for services to be covered.

** Authorization is required for inpatient services to be covered. Services include:

- **Residential:** Live-in health care facility providing therapy for substance abuse and mental illness.
- **Partial hospitalization:** Treatment program allowing the patient to commute to a treatment center for daily therapy related to substance abuse and mental illness.

See how MyQHealth can help.

What's my coverage?

Kaiser Core Plan (HMO)

Covered services		You pay
Mental health	Inpatient psychiatric hospitalization	10% coinsurance after deductible
	Individual outpatient mental health evaluation and treatment	\$20 per visit (deductible doesn't apply)
	Group outpatient mental health treatment	\$10 per visit (deductible doesn't apply)
Substance use disorder treatment	Inpatient detoxification	10% after deductible
	Individual outpatient substance use disorder evaluation and treatment	\$20 per visit (deductible doesn't apply)
	Group outpatient substance use disorder treatment	\$5 per visit (deductible doesn't apply)

Kaiser Permanente

➤ <https://my.kp.org/bostonscientific>

☎ 1-800-464-4000

What's my coverage?

HMSA Hawaii PPO Plan

Covered services	In-network	Out-of-network
Mental health, behavioral health, or substance use disorder treatment		
Outpatient		
Physician services	\$12 copayment/visit	70% coinsurance after deductible
Hospital and facility services	90% coinsurance	70% coinsurance after deductible
Inpatient		
Physician services	90% coinsurance	70% coinsurance after deductible
Hospital and facility services	90% coinsurance	70% coinsurance after deductible

HMSA Hawaii

➤ <https://www.hmsa.com>

☎ View [contact list](#)



Questions about prescription drug coverage?

OptumRx

- Log on to optumrx.com to create your Member Account
- Call **1-844-368-8737** (24 hours a day, seven days a week)

Where can I go for support?

BSC offers the resources you need for mental health conditions or substance use disorder—whether you need help right now or want ongoing support and resources to assist you over time.

For immediate help

Emergency services: 911

Text to 911: Type 911 in the “To” field of your mobile device and then type your message in the message field.

For “Immediate workplace violence/threat”:

[Workplace Violence Prevention – Home \(sharepoint.com\)](#)

National Suicide Prevention Lifeline

1-800-273-8255 (TALK)

[Live Online Chat](#)

SAMHSA

SAMHSA (Substance Abuse and Mental Health Services Administration) Treatment Referral Helpline:

1-877-726-4727 (SAMHSA7)

Veterans Crisis Line

1-800-273-8255 (press 1)

1-800-799-4889 (for hearing impaired)

[Live Online Chat](#)

Where can I go for support?

For ongoing support

National Alliance on Mental Illness (NAMI): NAMI provides advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.

Get help from the Employee Assistance Program (EAP) expert: This no-cost supportive service helps you address stress, relationship, and other personal issues you and your family may face. It is staffed by highly trained master's and doctoral level clinicians who will listen to your concerns and refer you to your appropriate benefits and other community resources. EAP counseling provides five free and confidential sessions per topic per year for employees and household family members. For example, you and your household family members could each have five sessions for anxiety counseling and five sessions for grief counseling—up to five counseling sessions per year for five separate topics. Call **1-866-812-5303**, code EB3414X.

Maven Clinic: Helps make the path to parenthood easier by offering appointments with mental health providers when your family needs them.

Employee Resource Groups – LEAD: Promotes the inclusion and celebration of people with any disability to be empowered to bring their “whole selves” to work.

Employee Resource Groups – PRIDE: A welcoming LGBTQ+ and Ally community that fosters inclusiveness and professional fulfillment through corporate and community LGBTQ+ programs and initiatives.

Transgender benefits: It's important to feel comfortable with being who you were meant to be. BSC provides **transgender benefits** to support all employees.

WellBeing SharePoint site. Learn more about the support BSC provides.

Leaves of absence and workplace accommodations

Boston Scientific's Leave of Absence program provides you with both paid and unpaid time to help meet your needs and the needs of your family. You can also find support in several areas, including applicant/employee accommodations and assistance with sensitive employee matters through the Employee Relations team. [Learn more.](#)

Where can I go for support?

Contact MyQHealth or your medical plan to help you find the care that best meets your needs or an in-network provider/facility:

UMR

MyQHealth—The one to contact when you need help

- ▶ <http://www.bscomyqhealth.com/>
- ☎ 1-855-649-3857

Teladoc Virtual Behavioral Health Care

- ▶ <https://www.teladoc.com/>
- ☎ 1-800-835-2362

Kaiser Permanente

- ▶ <https://my.kp.org/bostonscientific>
- ☎ 1-800-464-4000

HMSA Hawaii

Get more details

See how MyQHealth can help.



Online communities and coping strategies

Each of us has our own unique coping strategies. In addition to engaging in conversation and being connected to one another, you have access to information, support, and tips you may want to consider as you move through the ups, downs, twists and turns of everyday life. Understanding what triggers your stress or anxiety is important to achieving overall emotional wellbeing.

BSC online resources and communities

Access BSC's [WellBeing SharePoint site](#), where you can review articles, resources, podcasts, webinars, and more across a range of wellbeing topics.

Join the [WellBeing Yammer Group](#) to connect with colleagues who share similar experiences.



Online communities and coping strategies

Coping strategies

- **Seek support.** Don't wait to reach your breaking point. Talk to a physician, a therapist, or your Employee Assistance Program for help.
- **Identify the causes of stress.** By recognizing the true sources of your stress, you'll have more power over changing them.
- **Get enough rest.** Getting those eight hours of sleep each night can have a big impact on your daily outlook.
- **Exercise regularly.** Especially beneficial are repetitive fitness activities (e.g., swimming, running, brisk walking, and aerobic exercises) for 20 to 30 minutes three to five times a week.
- **Engage in fulfilling activities.** Take some time each day for something you enjoy: a hobby, reading, a leisurely walk with your dog, or spending time with those you cherish.
- **Avoid caffeine, nicotine, and other stimulants.** These common drugs can induce stress and anxiety.
- **Avoid alcohol, tranquilizers, and recreational drugs.** These may contribute to anxiety and depression, and loss of control.



Get support with all things life through [Benefits to Fit Your Life](#).

Benefits to *Fit Your Life*
meeting you wherever you are in life.

