

Keep calm ...

**with mental health care
by Confide Behavioral
Health NavigatorSM**

Life's challenges can affect your overall well-being, so it's important to make mental health care a priority. Sometimes that's difficult to do when you can't find the care you need, feel uncomfortable seeking care or don't know where to start, so you delay getting help.

With the **NEW** **Evernorth Confide Behavioral Health Navigator**, Concordia Health Plan members and members of their households can get the help they need.

Evernorth Confide offers expanded mental health care solutions with an **enhanced Employee Assistance Program (EAP)**, providing **personalized navigation** designed to **break down the most common barriers** to getting behavioral health care.

Common barriers

✗ Mental health care is hard to navigate, complicated and tough to access.

✗ People don't recognize their need for help and/or know where to start.

✗ Finding the right therapist is difficult, especially if you want a Christian counselor.

✗ People don't want anyone to know they're seeking mental health care.

✗ EAP therapists are not always in-network for affordable, continuity of care after initial EAP sessions.

Evernorth Confide solutions

> **Immediate 24/7 access** to clinical help.
> Secure an **appointment within three days**.
> **Continuous support** throughout your care from a **Care Navigator**.

> Access to a digital portal for **assessment and care recommendations**.
> Professional help **no matter the challenge**.

> Schedule in-person or virtual therapy with an **in-network, licensed support professional**.
> Pre-filtered link to **Christian counselors**.

> **Confidential** access to discreet care.
> **Virtual, phone** and **chat** care.
> Digital tools for **self-guided support** for resiliency.

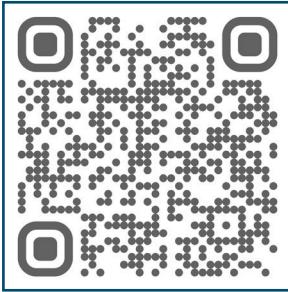
> **Eight free sessions per topic** (from family to financial issues to substance abuse, emotional health and stress), **per year**.
> **Seamless coordination** with your medical insurance to continue beyond the eight sessions.
> **In-network providers guaranteed** – which generally means lower costs if you continue after your sessions.



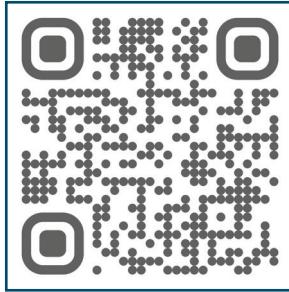
Begin your mental wellness journey today with Evernorth Confide!

Not everyone's mental health care journey is the same, but **everyone's** mental well-being is important. Concordia Plans is happy to bring you this new solution to support **YOUR** behavioral health care journey – **and for anyone else in your household** who could use a helping hand.

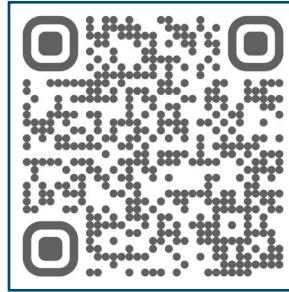
Learn more at
[ConcordiaPlans.org/
MentalHealth](https://ConcordiaPlans.org/MentalHealth)



Get started at
well.evernorth.com



Download the mobile app:
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Important: To register online or in the mobile app, use the Employer ID: **CONCORDIA**.
For the Pastoral Support Network through Evernorth, use Employer ID: **PASTOR**.

