



Centered
on **YOU**

You're an **important** part of the University System of Georgia

Let us give you a hand with your mental health through:

Kepro – Our Employee Assistance Program Partner

- Get four free, confidential counseling sessions per issue.
- Learn more by calling 1-844-243-4440 or going directly to <https://usg.mylifeexpert.com/login>
- Our company code is USGcares.



Anthem Enrolled Employees and Their Families

Accolade – Personal Health Assistant



- Employees enrolled in Anthem healthcare plans can speak with a clinician to get matched with a mental health program that is customized to their needs.
- Connect with Accolade to get resources, or call 1-866-204-9818 for either a 24/7 nurse line or a standard call, Monday through Friday, 8 a.m. to 11 p.m. ET.

LiveHealth Online

- Psychiatrists and psychologists are available for virtual visits.
- Psychiatrists have the ability to write prescriptions to treat mental health conditions.
- Schedule an appointment from a mobile device or computer.
- Get started on <https://livehealthonline.com/psychology> or <https://livehealthonline.com/psychiatry>

USG Well-being Coaching, Provided Through Virgin Pulse

- Get support through phone coaching. To schedule an appointment, log into your well-being account on www.ourwellbeing.usg.edu or go under the Health tab on the Virgin Pulse app.
- On the Health tab, you can also take advantage of Virgin Pulse's digital coaching experience, called Journeys. These daily, self-guided courses help you build healthy habits across a number of areas.

Wednesday Virtual Workshops

- Find USG Well-being webinars on mental health and emotional well-being on www.usg.edu/well-being