

The coronavirus (COVID-19) is presenting new and unique challenges in work and life that may cause added anxiety, stress and strain—physically, mentally and financially.

Now more than ever, we all must take care of our mental health. This resource page, developed by Employee Health and Wellbeing in consultation with Human Resources and UD Health provides benefits, resources, and tools to support your mental health and wellbeing during this challenging time.



### WHERE TO GET HELP

- ▶ [HealthAdvocate EAP+Work/Life](#)
- ▶ [Health Advocate flyer](#)
- ▶ [Delaware Psychological Association](#)
- ▶ [Psychology Today](#)
- ▶ [Association for Behavioral and Cognitive Therapy](#)

### BEHAVIORAL HEALTH CONTACTS

First State Basic  
Highmark Delaware  
1-800-421-4577

Comprehensive PPO  
Highmark Delaware  
1-800-421-4577

Aetna CDH Gold  
1-866-230-9951

Aetna HMO  
1-866-230-9951

[LEARN MORE](#)

### TELEMEDICINE INFORMATION

[Highmark Delaware Telemedicine](#)

[Aetna Telemedicine](#)

#### Telemedicine Video Help

[Teledoc](#)

[Doctor on Demand](#)

[LEARN MORE](#)

## UD HEALTH PLAN BENEFITS

Plan Type		Highmark Delaware First State Basic		Aetna CDH Gold		Aetna HMO		Highmark Delaware Comprehensive PPO	
Plan Feature	Service	In-Network	Out-of-Network	In-Network	Out-of-Network	In-Network	Out-of-Network	In-Network	Out-of-Network
Mental Health, Behavioral health, or substance abuse services	Outpatient Services	10% coinsurance (Preauth required)	30% coinsurance (Preauth required)	10% coinsurance (Preauth required)	30% coinsurance (Preauth required)	\$25 copay/office visit	Not covered	No charge for intensive outpatient care; \$20 copay/office visit	20% coinsurance
	Inpatient services	10% coinsurance (Preauth required)	30% coinsurance (Preauth required)	10% coinsurance (Preauth required)	30% coinsurance (Preauth required)	\$100 copay/per day; \$200 maximum/admission (Preauth required)	Not covered	\$100 copay/per day; \$200 maximum/admission (Preauth required)	20% coinsurance (Preauth required)

### YOUR WELLBEING HAS NEVER BEEN MORE IMPORTANT!



[Nurse Managed Primary Care Center](#)  
302-831-3195

[Nurse Managed Primary Care Center](#) is now available for telehealth visits for existing and new patients. Most concerns can be addressed via telehealth visits including: acute illness, mental health concerns and routine care for chronic diseases.

Call the NMPCC office at (302) 831-3195 to leave a message, calls for visit requests or with questions are returned every hour during regular business hours. Nurse practitioners are on call 24/7.

Additional [College of Health Sciences](#) resources: [Center for Interprofessional Development, Education and Research \(CIDER\)](#), [Health Coaching and Exercise and Nutrition Counseling](#).

### EMPLOYEE HEALTH AND WELLBEING

Don't neglect whole-person wellbeing: a healthy diet, social connection, nutrition and sleep are important aspects of mental health. [Follow the Employee Health and Wellbeing resource page](#) to engage with [virtual programs](#) focusing on improving your overall health, [physical wellbeing](#), [emotional wellbeing](#) and [social connectivity](#) during this time.

### STAY FOCUSED ON WHAT MATTERS MOST

[Staying connected](#) during social distancing by prioritizing and maintaining relationships can reduce the effects of loneliness, boost your mental health and quality of life. Self-distancing does not mean self-isolating. Call a friend or family member, set up a chat or video call or watch movies together online. Get creative and stay connected.

Visit the Purposeful App to receive daily tips to help you define and get the most out of your unique purpose. **To Download, TEXT UDEL to (734) 436-3939** to begin your journey.

### PURPOSEFUL



**TEXT UDEL to  
(734) 436-3939**

### BE INFORMED



Communicate truth and don't feed the rumor machine. Read science-based sources such as the [World Health Organization](#) and the [Centers for Disease Control and Prevention](#) to learn accurate facts and guidelines instead of being frozen by media fear.

Additional Resources can be found here: [Working at UD](#), [UD COVID-19](#), [Mental Health America: Covid-19](#) and [DAR Blue Hen Brain Breaks](#).

### NMPCC OFFERS GUIDANCE ON MANAGING YOUR MENTAL HEALTH

- Continue treatment and medication: Despite changes in routine, it is extremely important to follow your treatment plan. If your symptoms change or you need reassurance telehealth visits are available and an important way to connect with care.
- Be sure that medication refills are up to date. If you are concerned about running low, request that your treating health care provider approves a 60- or 90-day supply.
- Recognize warning signs and triggers: Do your best to attend to your wellbeing each day to keep your mental health and stress levels low. Continue to monitor new or worsening symptoms you may be experiencing with either your mental health or overall health and wellbeing. Keep track of your symptoms and track if they are related to the way you start, move through or end your day.

