

How to Find Therapy & Behavioral Health Care

This guide provides an overview of how to access the therapy and behavioral health resources available through your EAB benefits. Visit [this guide](#) for a comprehensive overview of EAB's Mental Health Resources.

BLOOM: Employee Assistance Program



Free Therapy and Mental Health Support
Available to all EAB employees and family members

Get started:

1. Visit bit.ly/BloomEAB and create an account.
2. Call 1-800-765-8263 (Option 1) to complete a brief intake with a CarePlus Solutions mental health professional.
3. You'll receive your counseling referral and next steps within 24-48 hours. If you need more immediate support, please let the mental health professional know during your call.

Based outside the U.S.?

Visit betterhelp.com/bloomeabintl and enter access code **e756752**. Licensed therapists are available in 50+ languages across 200+ countries.

What's included:

- 8 free in-person or virtual counseling sessions
- 24/7 confidential, telephonic support
- Personal well-being and mental health resources

Therapy Through Your EAB Aetna Medical Plan



CVS Virtual Care (virtual therapy)

Get started:

1. Visit [CVS Health Virtual Care™ – Aetna](#) and sign into your Aetna account.
2. Select Plan Your Visit to go to the CVS Health Virtual Care scheduling site.
3. Choose the patient and type of care – Mental Health Counseling, Virtual Psychiatry, or Depression Screening & Medication Management.
4. Enter your location and answer a few brief questions.
5. Review available providers, filter by your preferences and appointment availability, then book your visit.

What's included:

- Virtual therapy sessions
- Psychiatric evaluations and medication management
- Specialized care for depression, anxiety, and postpartum depression

Therapy Through Your EAB Aetna Medical Plan (cont.)



In-network Behavioral Health Provider

Get started:

1. Visit the Aetna provider search [here](#), select Find Care.
2. Sign into your Aetna account.
3. Select Category > Mental Health.
4. When prompted, choose the provider type you need, such as therapist, psychologist, or psychiatrist.
5. Narrow your results using filters such as:
 - Virtual or in-person care
 - Location
 - Gender
 - Languages spoken
 - Race & ethnic experience
 - LGBTQ+ experience
 - Areas of expertise
6. Contact the provider directly to confirm availability and schedule an appointment.



Cost Per Therapy Visit (on EAB's Aetna Medical Plans)

Your cost for therapy depends on your medical plan and whether you see an in-network or out-of-network provider. The chart below outlines what you can expect to pay per visit.

Service	Value CDHP Medical Plan	Premium CDHP Medical Plan	PPO Medical Plan
In-network therapy	20% of billed rate after deductible	20% of billed rate after deductible	\$40 copay
Out-of-network therapy	40% of billed rate after deductible	40% of billed rate after deductible	40% of billed rate after deductible
CVS Virtual Care	\$0 after deductible	\$0 after deductible	\$0 (no deductible applies)

**For more detailed information about EAB's medical plans, including annual deductible for each plan, please click [here](#) (username: eabglobal password: benefits).*