

Anthem – Talkspace + Additional Resources

- [Talkspace](#) is an online mental health care service that offers therapy and psychiatry.
- To register, visit talkspace.com/anthem. *Sessions are subject to your applicable copay or deductible/insurance. After registering, complete the QuickMatch™ provider finder tool to review your best match provider. Schedule a live session or message right away.*
- Use Anthem's '[Find a Doc' tool](#) to search behavioral health providers as well.
- [LiveHealth Online](#) is accessible through [Anthem's Sydney app](#) – LiveHealth Online provides telehealth services on behalf of Anthem. Download Sydney through the Apple app store or Google Play store.
- [Meru Health](#) is an online provider for greater mental health with remote clinicians (licensed therapists & psychiatrists), a smartphone-based treatment program, and an anonymous peer-support group.

Kaiser – Headspace + Additional Resources

- [Headspace](#) is a science-based app that offers guided meditations and mindfulness.
- [Calm app](#) - Includes personalized content to manage stress and anxiety.
- For information regarding telehealth for mental health, visit kp.org/getcare.
- For information regarding other mental health resources, visit kp.org/mentalhealth.

Wellness Programs – Available to Eligible CU Health Plan Members

- Online weight loss program for those at risk of chronic diseases. Omada offers integrated behavioral health support across chronic care programs. [Learn more about Omada.](#)



- Online family planning wellness program featuring three models for all journeys of family-planning, through parenthood. This program features support for topics including fertility health and wellness, post-partum care, and provides information about how to seek mental health support for those who need it. [Learn more about Ovia Health.](#)



- Online sleep improvement program scientifically proven to work. Members start by taking a quick sleep quiz at sleepio.com/cuhealthplan to discover their Sleep Score and receive a sleep tip you can try tonight. For members needing more help, during the online sessions you'll learn how to establish a healthy sleep pattern through science-based cognitive and behavioral techniques. [Learn more about Sleepio.](#)



- Clinically proven to improve employee health outcomes, Wondr is an online program that offers a complete health program for weight loss, stress management, and more. [Learn more about Wondr.](#)

External Mental Health Resources



- [CSEAP](#) offers professional assessment, referrals, and short-term counseling.
- Provides free, confidential and immediate support. Call [\(844\) 493-8255](#) or text **talk** to 38255.
- [988 National Suicide Prevention Hotline](#)
- [Colorado Wellness Recovery](#)

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