

	Program	Description	Contact Method(s) and Registration	Providers	Eligibility and Cost	When to Use this Resource?
Help finding a therapist	Concierge Center	<ul style="list-style-type: none"> Concierge Center specialists can assist in identifying in-network behavioral health providers 	<ul style="list-style-type: none"> Concierge Center 800-971-4153 Connectedcareproviders.com/provider/search 	<ul style="list-style-type: none"> Therapists, psychiatrists, neuropsychological testing, intensive programs 	<ul style="list-style-type: none"> All plan members No cost 	<p>If you are interested in help identifying or connecting to specialized services, such as:</p> <ul style="list-style-type: none"> Looking for a long-term therapist ADHD testing Intensive programs Specialized mental health programs
Life events, difficult times, stress, anxiety, depression	Employee Assistance Program (EAP)	<ul style="list-style-type: none"> Confidential counseling for members and eligible dependents 10 sessions per person, per issue, per year Counseling sessions available by phone, video, chat or text 	<ul style="list-style-type: none"> ComPsych - Guidance Resources 800-568-9276 Guidanceresources.com Web ID: Intel Schedule an appointment through the GuidanceConnect tool On Circuit: Goto/EAP 	<ul style="list-style-type: none"> Therapists/psychologists 	<ul style="list-style-type: none"> All plan members and eligible dependents No cost 10 sessions per person, per issue, per year 	<p>If you are seeking help to address any personal challenges you may be facing during difficult times</p>
Life events, difficult times	Modern Health	<ul style="list-style-type: none"> Suite of mental wellness resources including access to one- on-one coaching 	<ul style="list-style-type: none"> My.modernhealth.com Use code: Intel On Circuit: Goto/ModernHealth 	<ul style="list-style-type: none"> Coaches/therapists 	<ul style="list-style-type: none"> All plan members No cost 	<p>If you are seeking a coach to assist with:</p> <ul style="list-style-type: none"> Building resilience strategies and avoiding burnout in times of change Learning how to effectively communicate and have difficult conversations Processing grief and loss; managing work-life balance Addressing anxiety within relationships Balancing caregiving and working Financial planning and well-being, understanding emotional spending and how to budget Supporting DEI and belonging
Sleep	Sleepio	<ul style="list-style-type: none"> Online sleep improvement program using cognitive and behavioral techniques to overcome the cause of sleep problems 	<ul style="list-style-type: none"> On Circuit: Goto/Sleepio 	<ul style="list-style-type: none"> Online tool tailored to your particular sleep problems 	<ul style="list-style-type: none"> All plan members 18+ No cost 	<p>If you have difficulty sleeping due to stress, worries, and thoughts that keep you awake or disturb your sleep.</p>
Mindfulness and meditation	Headspace	<ul style="list-style-type: none"> Mindfulness and meditation app 	<ul style="list-style-type: none"> Work.headspace.com/intelvitality/member-enroll On Circuit: Goto/Headspace 	<ul style="list-style-type: none"> Online tool 	<ul style="list-style-type: none"> All plan members No cost 	<p>If you are looking for a mindfulness and meditation program to help create life-changing habits to support mental health and a happier you</p>