

Benefit contacts

Visit **BSWHealth.com/Benefits** to learn more!

Questions related to	Carrier	Phone	Website
Accidental injury, critical illness and hospital indemnity	Aetna	800.607.3366	MyAetnaSupplemental.com
Dental	Cigna	877.505.5872	MyCigna.com
Dependent Verification Center	Alight	866.318.3961	YourDependentVerification.com
Discount program	BenefitHub	866.664.4621	BSWH.BenefitHub.com
Employee Assistance Program (EAP)	ComPsych	866.380.1372	GuidanceResources.com Web ID code: BSWH
Flexible spending/ health savings accounts	Optum Bank	800.243.5543	OptumBank.com
Life, AD&D and long-term disability	New York Life	800.642.8238	MyNYLGBS.com
Medical	Baylor Scott & White Health Plan	844.843.3229	BSWHealthPlan.com/BSWH
Prepaid legal plan	MetLife Legal	800.821.6400	BSWHealth.com/Benefits/Money/GroupLegal
Prescription	Rightway	866.987.5735	RightwayHealthcare.com/bswh
Retirement savings	Empower	844.722.2794	BSWHRetirement.com
Short-term leave	Absence Center	844.511.5762	MySedgwick.com/BSWH
Tobacco cessation	YesQuit	877.937.7848	YesQuit.org
Tuition assistance	Guild	800.985.4027	BSW.GuildEducation.com
Vision	EyeMed	844.409.3401	EyeMed.com
Your benefits enrollment, paid time off or pay	PeoplePlace	844.417.5223	MyPeoplePlace.com

Need to talk?

When you need emotional well-being support, you and your family have options.

What type of care do you need?	Eligibility	Options	How to access	Cost to you
I need support, but I'm not sure where to start.	Employee medical plan members	Primary care physician	Contact your PCP	Cost varies based on your plan
		Lyra	MyBSWHealth member portal or app	No cost for digital wellness tools*
	Employee medical plan members (18+)	eVisit	MyBSWHealth member portal or app	No cost for most BSW medical plans
	All employees and their family members	Employee Assistance Program (EAP)	Call 866.380.1372	No cost for up to five sessions per issue
Work and life are challenging. I'd like to talk to a peer who understands what I'm going through.	All employees	Peer support	- Call 888.674.7337 8 a.m. to 6 p.m., seven days a week - Virtual staff support via Teams - BSWconnect.com/PeerSupport	No cost
I would like spiritual support and encouragement.	All employees	Spiritual Care Hotline	Call 254.724.1575 Monday-Friday, 7 a.m. to 7 p.m.	No cost
I would like online wellness tools, screenings or other behavioral health resources that I can access on my own.	All employees and their family members	Employee Assistance Program (EAP)	Call 866.380.1372	No cost
		Headspace	Download the app	No cost
	Employee medical plan members	Lyra	MyBSWHealth member portal or app	No cost for digital wellness tools*
I would like to talk to a therapist in person/virtually.	All employees and their family members	Employee Assistance Program (EAP)	Call 866.380.1372	No cost for up to five sessions per issue
	Employee medical plan members	Lyra	MyBSWHealth member portal or app	No cost for digital wellness tools*
		In-network provider	MyBSWHealth member portal or app	Cost varies based on your plan
	Patients seen by PCP in a BSW clinic	Collaborative care	Request from PCP	PCP copay
I need help finding a therapist or an MD.	Employee medical plan members	Lyra	MyBSWHealth member portal or app	No cost for digital wellness tools*
		Baylor Scott & White Health Plan	- Call 844.843.3229 - MyBSWHealth member portal or app	No cost
I am experiencing an emotional crisis and need help right now.	Anyone	Crisis Hotline	Call 988	No cost

* Depending on BSW medical plan, copay/coinsurance will apply for coaching, therapy and medication management.