

# Mental Health Care – OSU Insurance Providers

- Moda
  - Telephonic health coaching/depression care: Members can receive one-on-one health consultation by phone or email and discuss their concerns and walk through their options. 1- 800-799-9391 or email [behavioralhealth@modahealth.com](mailto:behavioralhealth@modahealth.com)
  - Health Resources: Search the online library of mental and physical health courses, classes, articles, videos, and tip sheets at <https://www.modahealth.com/memberdashboard/>.
- Kaiser
  - Mental health visits are by video visits, at no cost (no copay or coinsurance) to KP members. They can call 503-813-2000 and ask to have a mental health appointment.
  - Self-Care apps Calm and Mystrength
- Providence
  - Using virtual visits, clinicians can evaluate and treat general mental health conditions, such as depression and anxiety. When appropriate, they can prescribe medications.\* Treatment is provided by psychiatrists and therapists who are part of the Optum behavioral health network.
  - Members can call the behavioral health team at (800) 711-4577 to find a list of providers
  - Live and Work well self-help tools and interactive resources
  - Headspace, Shine, Calm, Nod - Digital Health and Wellbeing Tools
- PacificSource
  - Cafewell - personalized health condition support portal
  - Telehealth virtual visits
  - Teledoc app to ask questions and get answers, 24 hours a day, 7 days a week for mental health support

# Does OSU Have Work-Life Resources?

- Dual Career Partner Assistance
- Flexible Work Arrangements
- Work-Life Consultations and Presentations
- Family Resource Center
- Tuition Reduction/Staff Fee Privilege
- International Mom's Group
- Workshops; BABY@OSU, ElderCare Connections
- Child Care Centers
- Kids Gift Closet
- Other Events: Bring your kids to campus day, summer camp fair, etc.
- Lactation Rooms
- Milk Stork
- Lactation Parking Permit
- Home Ownership Benefit

