

To: All SHBP Members

From: Kevin C. Lyons, Sr.

Date: April 23, 2020

Re: New SHBP Resources for the COVID Emergency

Dear SHBP Members;

The Division of Pensions and Benefits has done an outstanding job of being fluid and making adjustments to insure your access to healthcare during the extended lockdown that we are experiencing.

All of these programs are provided on the COVID page of the SHBP web page <https://www.state.nj.us/treasury/pensions/hb-covid-resources.shtml>.

Important Highlights-

Telemedicine and Telehealth-

Telemedicine is still available and covered as a normal visit would be unless it is COVID related. If it is COVID related than there will be no cost share for the member.

Mental and Behavioral Health-

The Division has fast tracked several internet based programs for mental health and substance abuse.

Joyable – Allows you to manage your behavioral health anytime, anywhere, from your computer or mobile device.

AbleTo Community Support Program –Allows you to access a mental health professional and work privately and confidentially via phone or video chat, to get personalized, one-on-one support from a licensed therapist. You will also learn ways to manage daily stress and better adjust to the changes in your family and work routines. AbleTo Teletherapy Services are 100% confidential and FREE as part of your health plan.

Workit Health- The vendor providing these services, Workit Health, offers digital addiction care online or over the phone without a referral and at no cost to members. Treatment is provided via Workit Health's web and phone apps, and includes therapy from licensed counselors, medication management with buprenorphine/naloxone or naltrexone, and a personalized curriculum of evidence-based interactive courses. Members can sign up directly by calling 609-474-0106, 9AM to 7PM EST M–F , Members can also access WorkIt via the Horizon Doctor Hospital Finder or can be referred to WorkIt via Horizon Health Guide or the Horizon Behavioral Health team.

NJWELL (Active Members and Retired SEHBP Members)-

NJWELL offers online events such as fitness classes, health education webinars, and challenges that can help you get active and healthy **THIS CAN BE USED BY BOTH SHBP AND NON-SHBP MEMBERS!**

Additional Resources

Quizzify – Information and quizzes about COVID-19 reviewed by doctors at Harvard Medical School.

myStrength – Digital Mental Health App based in clinical models like cognitive behavioral therapy, acceptance and commitment therapy, positive psychology, mindfulness, and motivational interviewing to improve and sustain health and well-being.

myStrength is available at no cost to SHBP/SEHBP Members for 90 days during the COVID-19 outbreak.

Wellbeats – A virtual fitness training vendor offering over 500 on-demand exercises, mindfulness, nutrition, and fitness classes, anytime and anywhere. SHBP/SEHBP members can have free access to Wellbeats through April 30th.

Please take your time to utilize these benefits while you are home to strengthen your mind and body. We will continue to update you as more information becomes available.