Self-Care Awareness

Behavioral Health for You & Yours

ANTHEM LIVEHEALTH ONLINE
Psychiatry (age 18+) or Psychology (Age 10+) Appointments required. See details in Benefits Booklet. Copay reduced to $0 in 2022, for you and your dependents.

MHN
Help is available 24/7 via phone; in-person or video counseling available - up to 6 sessions per issue. Work/Life balance resources. Call 888.426.0025

HEALTH ADVOCATE
Get concierge-style service to help navigate health care in addition to behavioral health articles and videos. Call 866.799.2731 or check out: HealthAdvocate.com/COLB

TEXT FOR HELP - 24/7
Text "HOME" or "HELLO" to 741741 and connect to a trained Counselor

SELF-CARE VIA GYMPASS
Renew through exercise! Gympass has tons of classes and over 25 apps to help!

For details visit: longbeach.gov/hr
### Gympass Plans

#### Starter Plan
- **CALM.** Guided meditations and mental fitness for a more calm and mindful life
- **ZEN.** Guided meditations, music and programs for personal development
- **WELLNESS COACH.** Life changing meditations and workouts to be your best
- **PLUMM- Formerly Healing Clouds**
  - Explore therapist-led online courses for life’s challenges
- **MEDITOPIA.** Find inner peace through meditation, sleep stories and music
- **ROOTD.** Anxiety and panic attack management and relief tools in your pocket
- **MINDSHINE.** Nurture a growth mindset with daily habits and brain exercises
- **Mighty Health.** Track how your mental and physical readiness changes daily.
- **LIFESUM.** Reach your goals with meal plans, food tracker, recipes and more.
- **NOOTRIC.** Personalized nutrition plans supported by real nutritionists
- **EXI.** Monitors your health and prescribes a highly personalized fitness plan
- **FABULOUS.** Personal coach and happiness trainer
- **BURNALONG.** Fitness videos and motivation for all ages and activity levels
- **EXI.** Monitors your health and prescribes a highly personalized fitness plan
- **SYNCTUITION.** Immersive 3D sound for mind travel, meditation and relaxation
- **NEOI.** On demand HIIT, Yoga, Barre, Dance, and Strength classes from NYC
- **WILD.** Track how your mental and physical readiness changes daily
- **STRAVA.** Record your run, map a cycling route & follow workouts for adults, customized meal plans
- **FIZZUP.** More than 600 workout videos and customized meal plans
- **RadARFit.** Earn points for healthy eating, exercise, and daily water intake

### Basic Plan
- **RUN COACH.** Train for and track your runs with the support from a real coach
- **Kemtai.** Personalized workouts with real-time feedback and AI training guidance
- **SWORKIT.** 500+ Easy to follow workouts for adults, kids, and pre/postnatal
- **NOOTRIC.** Personalized nutrition plans supported by real nutritionists
- **SYNCTUITION.** Immersive 3D sound for mind travel, meditation and relaxation
- **EXI.** Monitors your health and prescribes a highly personalized fitness plan
- **SYNC TECH.** Socially engaged fitness
- **NEOI.** On demand HIIT, Yoga, Barre, Dance, and Strength classes from NYC
- **WILD.** Track how your mental and physical readiness changes daily
- **STRAVA.** Record your run, map a cycling route & follow workouts for adults, customized meal plans
- **FIZZUP.** More than 600 workout videos and customized meal plans
- **GYM LIFE.** Track your gym workouts create plans for each muscle group

### Bronze Plan
- **YES HEALTH.** Instant nutrition, fitness and lifestyle coaching
- **SUPPORTROOM.** On-demand therapy, from anywhere at anytime.
- **SYNCTUITION.** Immersive 3D sound for mind travel, meditation and relaxation
- **EXI.** Monitors your health and prescribes a highly personalized fitness plan
- **NEOI.** On demand HIIT, Yoga, Barre, Dance, and Strength classes from NYC
- **WILD.** Track how your mental and physical readiness changes daily
- **STRAVA.** Record your run, map a cycling route & follow workouts for adults, customized meal plans
- **FIZZUP.** More than 600 workout videos and customized meal plans
- **GYM LIFE.** Track your gym workouts create plans for each muscle group

### Silver Plan
- **IFEEL.** Live chat with a therapist anytime and schedule 1:1 video sessions
- **PLUMM- Formerly Healing Clouds**
  - 1:1 therapy sessions and online therapist-led courses
- **SYNCTUITION.** Immersive 3D sound for mind travel, meditation and relaxation
- **EXI.** Monitors your health and prescribes a highly personalized fitness plan
- **NEOI.** On demand HIIT, Yoga, Barre, Dance, and Strength classes from NYC
- **WILD.** Track how your mental and physical readiness changes daily
- **STRAVA.** Record your run, map a cycling route & follow workouts for adults, customized meal plans
- **FIZZUP.** More than 600 workout videos and customized meal plans
- **GYM LIFE.** Track your gym workouts create plans for each muscle group
- **PLUMM- Formerly Healing Clouds**
  - 1:1 therapy sessions and online therapist-led courses

### Gold Plan
- **iFEEL.** Live chat with a therapist anytime and schedule 1:1 video sessions
- **PLUMM- Formerly Healing Clouds**
  - 1:1 therapy sessions and online therapist-led courses
- **SYNCTUITION.** Immersive 3D sound for mind travel, meditation and relaxation
- **EXI.** Monitors your health and prescribes a highly personalized fitness plan
- **NEOI.** On demand HIIT, Yoga, Barre, Dance, and Strength classes from NYC
- **WILD.** Track how your mental and physical readiness changes daily
- **STRAVA.** Record your run, map a cycling route & follow workouts for adults, customized meal plans
- **FIZZUP.** More than 600 workout videos and customized meal plans
- **GYM LIFE.** Track your gym workouts create plans for each muscle group

### Guide
- **Mental Health**
- **Nutrition**
- **Finance**
- **Chronic Illness & Healthy Habits**
- **Fitness**

Gympass plans are cascading. If you purchase a higher priced plan, you will have access to all the Wellness Apps, Gyms, Personal Trainers, and Live Classes available in the lower plans as well.