

# 2025

## Resources to make life a little easier.

The day-to-day pressures of work, family and everything else on your to-do list can feel overwhelming. Highwire PR offers convenient, confidential\* support for those moments – and for ongoing mental health concerns like depression, anxiety, eating disorders and substance use.

# highwire

It's healthy to ask for help. Here's where to start:



### EAP - Employee Assistance Program Overview

Our comprehensive Employee Assistance Program provides you and your family members with confidential, personal support on a wide variety of important and relevant topics, available 24/7/365 through Master's level EAP professionals who understand that life isn't always easy.

- Three counseling sessions per year (per household)
- Face-to-face or video telehealth counseling
- 24/7/365 telephone support in 120+ languages
- Legal consultation and resources
- Financial consultation and wellness platform
- Child and elder care referrals
- Work/life services and support
- Online resources and articles
- Current events and crisis support
- Substance abuse assistance
- Emotional well-being resources
- Physical wellness guidance
- Work and career support
- Family counseling
- Bilingual article library

[mutualofomaha.com/eap](http://mutualofomaha.com/eap)

Phone: 1-800-316-2796

Available 24 hours a day, 7 days a week

Confidential support when you need it most



### E-visit

Fill out an online questionnaire about your symptoms for immediate self-care advice—or get care from a Kaiser Permanente doctor or nurse usually within a few hours.



No appointments required



Available by mobile device or computer



- Takes 5 to 10 minutes to complete
- Immediate self-care resources
- Personalized care in a few hours, if needed



### Start using telehealth today.

Creating an online account on [kp.org](http://kp.org) lets you do even more, like send emails with nonurgent health questions to your care team, have an e-visit, and schedule routine appointments online.



### Adult members can download 3 popular apps at [kp.org/selfcareapps](http://kp.org/selfcareapps)

Calm App



Calm is an app for daily use that uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. With guided meditations, programs taught by world-renowned experts, sleep stories narrated by celebrities, mindful movement videos, and more, Calm offers something for everyone.

myStrength



myStrength offers personalized programs with interactive activities, daily health trackers to monitor and maintain your progress, in-the-moment coping tools, and more. It's designed to help you set goals and work towards them in ways that work for you – by making positive changes that support your mental, emotional, and overall well-being.

Headspace  headspace

- Coaching: Get personalized support through text-based chat with a coach.
- Therapy & Psychiatry: Add a therapist or psychiatrist for video sessions based on your health plan.
- Skill-building resources: Access in-app articles, classes, and podcasts to help reach your goals.

### LEARN MORE:

Visit [kp.org/selfcareapps](http://kp.org/selfcareapps)



### Eat, breathe, dream, fitness

- Online directory maps and locator for fitness centers (available on any device)
- A free guest pass to try out center before enrolling (where available) a fitness
- The option to switch fitness to make sure you find the right fit centers
- Online fitness tracking from a wide variety of popular wearable fitness devices, apps, and exercise equipment

Learn more:

[kp.org/choosehealthy](http://kp.org/choosehealthy)



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## Take Control of Your Emotional Health

Boost your emotional health with Happify, a free app offering science-based games to reduce stress, build confidence, and enhance mindfulness. Spend just a few minutes a day, 2-3 days a week, to improve your mood, build resilience, and earn points for rewards. Sign up today and start your journey to better emotional well-being.

Happify gives you:

- Free app: Science-based games to improve emotional health.
- Key benefits: Reduce stress, boost confidence, and increase mindfulness.
- Quick and easy: Just a few minutes a day, 2-3 days a week.
- Earn rewards: Points for activities, with a chance to win monthly prizes.
- Continuous growth: Build resilience and better emotional well-being.

### GET STARTED:

Email us at [caresupport@headspace.com](mailto:caresupport@headspace.com) or visit <https://organizations.headspace.com/connect>



## Overcome Whatever Life Sends Your Way

Take control of everyday stress with iPrevail, a digital therapeutics platform designed by clinicians. Sign up, take an assessment, and start personalized programs with video lessons, 1:1 coaching, and support communities. Earn rewards while overcoming anxiety, reducing stress, and building resilience.

iPrevail gives you:

- Digital platform: Clinician-designed to manage stress and life transitions.
- Easy sign-up: Start on [myCigna.com](http://myCigna.com) with an assessment to personalize your experience.
- Customized programs: Interactive video lessons, coaching, and wellness activities.
- Earn rewards: Points for healthier habits, redeemable for Amazon.com gift cards.
- Comprehensive support: Ongoing connection with coaches and support communities.

TO LEARN MORE OR START  
Visit [mycigna.com](http://mycigna.com)



## Personalized Mental Health Support, Anytime, Anywhere.

Talkspace offers convenient, private mental health support through a digital platform. Choose a licensed therapist or prescriber and start exchanging unlimited messages via text, voice, or video. With daily therapist engagement, a complimentary video session, and flexible provider options, you can address stress, anxiety, and more.

Talkspace gives you:

- Convenient support: Access licensed therapists and prescribers on iOS, Android, or Web.
- Unlimited messaging: Exchange text, voice, and video messages with your therapist.
- Daily engagement: Therapists engage five days a week, often including weekends.
- Complimentary video session: Get to know your therapist with a free 10-minute video session.

TO LEARN MORE OR START  
Visit [talkspace.com/cigna](http://talkspace.com/cigna)



## Support for all of life's challenges

Everyone deserves access to incredible mental healthcare.

That's why Headspace Care created the world's first integrated mental health platform where coaches, therapists, and psychiatrists work as a team to coordinate the best, personalized care right from your smartphone, whenever you need it.

Headspace gives you:

- Coaching: Get personalized support through text-based chat with a coach.
- Therapy & Psychiatry: Add a therapist or psychiatrist for video sessions based on your health plan.
- Skill-building resources: Access in-app articles, classes, and podcasts to help reach your goals.

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