

24/7 Emotional support resources

It's important to prioritize your emotional well-being. Veradigm provides a number of programs and resources to help, including the plans below. For additional well-being programs, see myveradigmbenefits.com/emotional-support.



Employee Assistance Program (EAP)

Significant changes in familiar routines and uncertainty about the future can lead to stress, anxiety or depression. Our Employee Assistance Program (EAP) helps with little issues, big problems and everything in between.

Find out more at myveradigmbenefits.com/emotional-support.

MDLIVE behavioral health

If you are enrolled in a Veradigm Cigna medical plan, you have another resource to help with stress, depression, addiction or other mental health issues: MDLIVE behavioral health. You can see a counselor or psychiatrist using the MDLIVE website or mobile app through a secure, live video connection.

Contact MDLIVE: 888.726.3171
mdliveforcigna.com

National Suicide & Crisis Lifeline: 988

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, you can contact the National 988 Suicide & Crisis Lifeline, available 24/7, to connect to free and confidential care with a trained crisis counselor.

Call or text **988** or chat 988lifeline.org.



Health Advocate is here to help

Health Advocate can help you find expert mental health care for you and your family members when you need them. You'll have access to a Personal Health Advocate who will compassionately, and confidentially, guide you to providers who specialize in illnesses such as depression, anxiety, neurological disorders, substance abuse and more.

24/7 support: Call **866.799.2728** or go to HealthAdvocate.com/members.