



Office of HUMAN RESOURCES NEWSLETTER



September 2020: Focusing on Your Health

PennMedicine Princeton Health Employee Assistance Program (EAP)

Penn Medicine Princeton Health Employee Assistance Program (EAP) provides a variety of services including highly skilled, licensed counselors. All TCNJ employees and your adult household members are eligible for services provided by the EAP to assist resolving: Alcohol and/or drug problems; Mental health and emotional concerns; Legal and financial issues; Relationship problems and Stress management.

Call 1.800.527.0035 to speak with a clinician. **All contact with the EAP program is confidential.**

Horizon Blue Cross Blue Shield: Webinars

How you respond to stress during the COVID-19 pandemic can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors.

To alleviate some of the stress associated with the public health emergency, consider attending a no-cost Horizon Blue Cross Blue Shield of New Jersey (Horizon BCBSNJ) webinar exclusively to SHBP/SEHBP members. Simply click on the title to register. Space is limited.

Talking to Your Child About the Coronavirus: Coronavirus is a tough topic to explain to children. This webinar will give you tools to help with the conversation. Tuesday, September 8, 12 p.m. – 1 p.m.

Chair Yoga: Lowering your stress levels will help support a healthy immune system and encourage a positive outlook. Monday, September 14, 12 p.m. – 1 p.m.

Life in Today's Uncertain Times: Stress from social and racial tension can impact your decision making. This webinar will provide tools for managing your emotions, talking with coworkers about sensitive issues, and taking care of yourself and your family. Monday, September 21, 12 p.m. – 1 p.m.

Virtual Fitness: No gym required. Learn fun fitness routines you can do in three or five minutes, in the comfort of your own home. Monday, September 28, 12 p.m. – 1 p.m.

Taking Care of Your Emotional Health: Horizon Behavioral Health

Whether you're managing an ongoing condition or dealing with anxiety or depression for the first time, Horizon Behavioral HealthSM is available to you. Your coverage includes doctor and therapy visits, in-person, online and over the phone, and digital tools that offer ways to help you take care of your emotional health and deal with stress or other more serious mental health conditions. If you or someone you love is struggling with drug or alcohol addiction, the network includes the full spectrum of high-quality, evidence-based treatment. New digital apps and online support programs will help you on your journey to recovery.

Call your Horizon Health Guide at 1-800-414-SHBP to get connected with resources that meet your individual needs.



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Joyable

If you're struggling with anxiety, stress or depression, [Joyable](#) may be able to help. This digital tool can help you manage your behavioral health anytime, anywhere, from your computer or mobile device. Through [Joyable](#), you have access to personal coaching and online resources in an eight-week program to help improve your emotional health and overall well-being using the principles of cognitive behavioral therapy. A personal coach will help keep you on track to meet your emotional wellness goals. And, there's no cost to you.

With Joyable, you get: A personalized, self-guided eight-week program to improve your overall emotional well-being; A dedicated Joyable coach for one-on-one support to help you stay motivated and reach your goals and Weekly activities to help you manage your emotional health anytime, anywhere. You can use Joyable on a mobile app or the web. To download the app, go to the App Store® or Google Play™ and search for "Joyable". Once the Joyable app has been downloaded, you will need to enter access code "SHBP" to begin. You can also enroll on the web.

Horizon CareOnline (Telemedicine)

Can't get to your doctor's office? Get virtual medical or behavioral health care anytime via video, phone or chat, with Horizon Care-Online. With your Horizon Blue Cross Blue Shield of New Jersey health plan, you can talk with a doctor in a matter of minutes, from wherever you are, anywhere in the United States, 24/7. If appropriate, the doctor can send a prescription to your pharmacy. Visit horizoncareonline.com and register by selecting Horizon Blue Cross Blue Shield of New Jersey as your health plan, or call 1-877-716-5657.

Horizon Behavioral Health & AbleTo, Inc.

Horizon Behavioral Health works with AbleTo, Inc. to offer a structured eight-week program while focusing on your specific needs and goals. If you have a chronic medical condition, it's normal to feel sad, anxious or stressed. To help you feel better, Horizon Behavioral Health works with AbleTo, Inc. to offer a structured, eight-week program to help you manage your emotional and physical health. You can connect with licensed and accredited professionals, twice a week, over the phone or online and at no cost to you.

You may get letter or phone call from AbleTo to participate in this program. You can also schedule your first visit online [schedule your first visit online](#) or call 1-800-991-5579 (TTY 711), weekdays, 8 a.m. to 8 p.m., ET.

With AbleTo, you'll get care that is:

- Personalized: Tailored to your specific need and health condition
- Convenient: Anytime, anywhere access through your phone or computer
- Affordable: Services are covered under your health plan
- Private: Sessions are delivered securely and confidentially
- Proven: Studies show AbleTo improves emotional health and well-being
- Professional: Therapists and coaches are licensed and accredited