



# Tulare County Employee Wellness Program

## Mental Health Awareness

July 2024



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| <p>1 <b>SJVIA Plan Members Prescription Coverage Platform Change</b><br/><a href="#">EMPIRX</a></p> <p> </p> | <p>2 <b>Assessment</b><br/><a href="#">Mental Health Screening Tools</a></p> <p><br/>Mental Health America</p>                                      | <p>3 <b>SELF-CARE APPS</b><br/>Mental Health &amp; Emotional Wellness<br/><a href="#">Page 3</a></p> <p> KAISER PERMANENTE®</p> | <p>4 <b>COUNTY HOLIDAY</b></p> <p></p>  | <p>5</p> <p></p>   |
| <p>8 <b>Pre-Recorded Webinar</b><br/><a href="#">The Relationship Between Migraines and Depression</a></p> <p> ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA</p>                              | <p>9 <b>Pre-Recorded Webinar</b><br/><a href="#">Thriving with Anxiety and Depression</a></p> <p> ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA</p> | <p>10</p> <p></p>  | <p>11 <b>Article</b><br/><a href="#">Panic Attacks and Panic Disorder</a></p> <p> KAISER PERMANENTE®</p>              | <p>12 <b>Article</b><br/><a href="#">Understanding and Talking About Mental Health Stigma and Mental Health Conditions</a></p> <p></p> |
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| <p>22 <b>Resources</b><br/><a href="#">California Hope</a></p> <p></p>  | <p>23 <b>Resources</b><br/><a href="#">988 Suicide &amp; Crisis Lifeline</a></p> <p></p>  | <p>24</p> <p></p>  | <p>25 <b>Health Talk</b><br/><a href="#">Kaiser Permanente Health Talk: Dementia</a></p> <p> KAISER PERMANENTE®</p> | <p>26</p> <p></p>  |
| <p>29 <b>Resources</b><br/><a href="#">Lark—PHQ2 Screener for Mental Wellness</a></p> <p></p>   | <p>30 Check out <a href="#">Page 8</a> for this month's Healthy Recipe:<br/><b>Fresh Peach Salad</b></p>   | <p>31</p> <p></p>  |  |   |

# PLATFORM MIGRATION ANNOUNCEMENT

## Important Message Related to Your EmpiRx Health Prescription Drug Benefit

Effective July 1, 2024 EmpiRx Health is migrating to a new platform. This letter contains information pertaining to what this means for you. Please check your mail carefully in the month of June for your EmpiRx Health Welcome Packet – it contains a plan brochure, ID cards, and mail order materials.



### New Member ID Cards

You can expect the new ID card to arrive before June 30, 2024. Please begin using your new ID card at your participating pharmacy on or after July 1, 2024.

The following new information reflected on the ID card will need to be shared with your pharmacy:

- **RxBIN: 024160**
- **RxPCN: 14032015**



### Mail Order Pharmacy

Our mail-order pharmacy is Prescription Mart. They fill or coordinate most maintenance, high-cost, and specialty medications that require special handling and administration.

Members using mail order services will receive directions in July to register directly with our mail order pharmacy. Prescriptions at our current mail order pharmacy will be transferred automatically over to Prescription Mart.



### Expanding Pharmacy Network

Our pharmacy network is growing to provide you with more options! In the rare event your current pharmacy is no longer available, you will receive a letter with alternative local pharmacies.



### New, Toll-Free Customer Service Phone Number

If you have any questions or require additional information, please contact our new Member Services toll-free at **1-877-306-3212/ TDD 711**. We are always available to assist you with live Member Services Representatives and Pharmacists 24 hours a day, seven days a week.

We look forward to taking care of you.



# MENTAL HEALTH TOOLS

## Take a Mental Health Test

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible. Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Follow the link below to take an assessment of your choosing, provided by Mental Health America. The assessment will categorize your stress levels based on your answers, and will also provide helpful information and tools to handle your stress!

[MHA Screening Tools](#)



MENTAL HEALTH

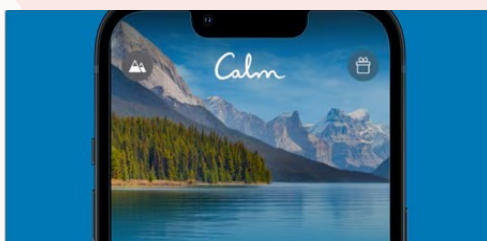


MATTERS

*Online screening tools are not diagnostic instruments. You are encouraged to share your results with a physician or healthcare provider. Mental Health America Inc., sponsors, partners, and advertisers disclaim any liability, loss, or risk incurred as a consequence, directly or indirectly, from the use and application of these screens.*

## Self Care Apps KAISER PERMANENTE®

Feeling overwhelmed? Tap into the power of self-care. These apps can help you build resilience, set goals, and take meaningful steps towards becoming healthier and happier. Choose the areas you want to focus on - including managing depression, reducing stress, improving sleep, and more. For more information and to download the apps, visit [kp.org/selfcareapps](https://kp.org/selfcareapps).

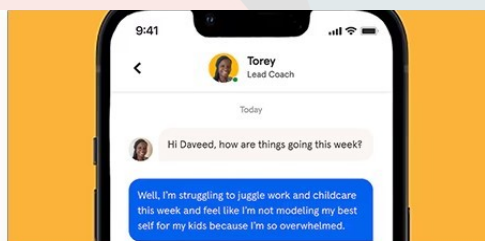


NO ADDITIONAL COST TO MEMBERS

### Calm

The number one app for sleep and meditation\* — designed to help lower stress, anxiety, and more.

- More than 100 guided meditations
- Sleep Stories for deeper, more restful sleep
- Exclusive music tracks for focus, relaxation, and sleep

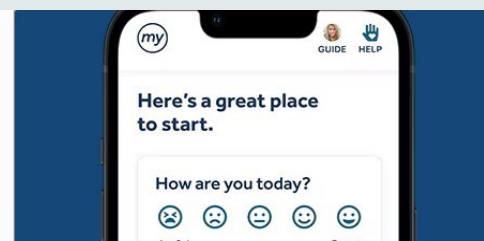


NO ADDITIONAL COST TO MEMBERS

### Headspace Care (formerly called Ginger)

Text one-on-one with an emotional support coach anytime, anywhere. Support is just a text message away.

- 24/7 text-based emotional support coaching
- Discuss goals, share challenges, and create an action plan with your coach
- Self-care resources recommended for your needs



NO ADDITIONAL COST TO MEMBERS

### myStrength

Build a personalized plan to strengthen your emotional health whenever, wherever you need to.

- A personalized support plan
- Tools to manage stress, depression, sleep, and more
- Hundreds of activities, articles, and videos

# PRE-RECORDED WEBINARS

## The Relationship Between Migraines and Depression



Migraines are Linked with Anxiety and Depression

People with anxiety and depression experience more frequent migraines

Lower levels of serotonin can cause anxiety and depression

Treating migraines can reduce anxiety and depression

Migraines and depression have a bidirectional relationship, meaning depression increases the risk of migraines and vice versa. Those with depression are 3.4 times more likely to develop migraines. Conversely, those with migraine are 5.8 times more likely to develop depression. In this **pre-recorded** webinar, you will learn about theories on why these conditions often co-occur, how living with both conditions can impact treatment regimens, and tips and strategies for managing both conditions. Follow the link to watch the webinar: [The Relationship Between Migraines and Depression.](#)



ANXIETY AND DEPRESSION  
ASSOCIATION OF AMERICA

## Thriving with Anxiety and Depression

If you struggle with anxiety or depression, you know first-hand how much these symptoms can interfere with your quality of life. In this webinar, you'll learn the factors necessary for maximizing your wellbeing. You'll also learn evidence-based strategies and interventions to help boost your wellbeing, happiness, and life satisfaction, despite anxiety or depression. You'll walk away with a good understanding of what you need to thrive! Click the following link for this **pre-recorded** webinar: [Thriving with Anxiety and Depression.](#)



ANXIETY AND DEPRESSION  
ASSOCIATION OF AMERICA



ANXIETY

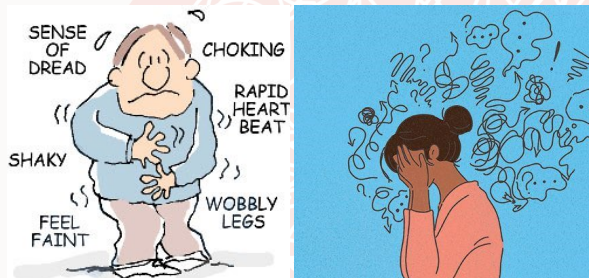


DEPRESSION



# ARTICLES

## Panic Attacks and Panic Disorder



A panic attack is a sudden, intense fear or anxiety that may make you short of breath or dizzy or make your heart pound. Panic attacks can be scary and so bad that they get in the way of your daily activities. Treatment can help most people have fewer symptoms or even stop the attacks. Follow the link for information provided by Kaiser Permanente on Panic Attacks; be sure to use the navigation pane on the right hand side for information about causes, symptoms, risk factors, prevention and more.

[Panic Attacks and Panic Disorder](#)



## Understanding and Talking About Mental Health Stigma and Mental Health Conditions

The mind and body are linked, but conversations about mental health can be tougher than discussing physical health. Let's work together to learn more about mental health stigma and mental health conditions – and how to talk about them. Addressing mental health stigma is important because the very concept of shame makes it difficult for many individuals with mental health conditions to seek help. Studies show that about 75 percent of people with a mental health condition feel stigma. Follow the link below to read more from Anthem Blue Cross: [Understanding and Talking About Mental Health Stigma and Mental Health Conditions.](#)



## Work Life Balance



For a lot of people, the pursuit of a healthy work/life balance seems like an impossible goal. In our rush to “get it all done” at the office and at home, it's easy to forget that as our stress levels spike, our productivity plummets. Stress can zap our concentration, make us irritable or depressed, and harm our personal and professional relationships. Follow the link below to read more from Mental Health America, including a few practical steps we can all take to loosen the grip that stress has on us and win back the balance in our lives. [Work Life Balance](#)



# RESOURCES

## LiveHealth Online

Anthem Blue Cross members now have a more convenient and private way to access help for depression, anxiety and other types of mental illness. Members can use their smart phone, tablet or computer to have a live video visit with licensed therapists in the privacy of their own home or office.

Seeking help for depression, substance abuse and other types of mental illness is a big step. LiveHealth Online makes it easier for consumers to take that step by providing convenient access to licensed therapists while maintaining their privacy.

[www.livehealth.com](http://www.livehealth.com)

**LiveHealth**  
O N L I N E  
**Get the free app**

Use LiveHealth Online whether you're at home, at work or on the go.



## California Hope

CalHOPE partnered with California Mental Health Services Association which has a statewide experienced workforce comprised of peers, community mental health workers, and other non-licensed personnel.

Individuals in need of emotional and/or crisis support can receive "visits" by phone, videoconference, smart device, or computer chat. Depending upon needs and situation, family and/or group support sessions are also available. Individuals also may be connected to county-based services. CalHOPE connect offers culturally sensitive emotional support session for:

- All Californians
- African American/Black
- Asian and Pacific Islanders
- Latino/Latinx
- LGBTQ+ Community
- Parents/Caregivers
- Veterans
- Young Adult

[www.calhope.org](http://www.calhope.org)



**California  
HOPE**

## 988 Suicide & Crisis Lifeline

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.



Call or Text the Lifeline anytime, 24/7



**CONNECT**



# Health Talk

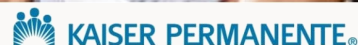
## Kaiser Health Talk: Dementia

Join Surabhi Narayan, MD, Kaiser Permanente Geriatrician, and learn about and learn about

- Prevalence and diagnosis of dementia
- Effects on mental and physical health
- Enhancing quality of life

Note from the speaker: I believe in promoting health and wellness into the later years of life through high quality evidence based care. With my special interests in geriatrics, I also want to help my older patients deal with their chronic medical problems, thereby adding life to their years. I graduated from Government Medical College/Netaji Subhash Chandra Bose Medical College in Jabalpur, India in 1997. I received my post graduated residency training from the University of Nevada, School of Medicine in Las Vegas, Nevada. I completed a geriatric fellowship from Stanford University. I joined Kaiser Permanente in 2009. Professionally, my interests include geriatric medicine including dementia, falls and delirium. My language abilities include Hindi, Urdu, limited Spanish and limited Punjabi.

Register now: [Dementia Health Talk](#)



## Prevent Type 2 Diabetes with CDC Certified Diabetes Prevention

**lark**

### 2M+ Patients Trust and Love Lark

Lark is the first AI-driven Diabetes Prevention Program Fully Recognized by the Centers for Disease Control (CDC). By leveraging **conversational AI** and connected devices, Lark provides personalized coaching to guide members to understand their condition, make healthy lifestyle changes and drive **improved health outcomes**.

Includes connected scale



### Proven Outcomes at half the cost of competitors

**5.3%**

average body weight loss at 12 months\*<sup>1</sup>

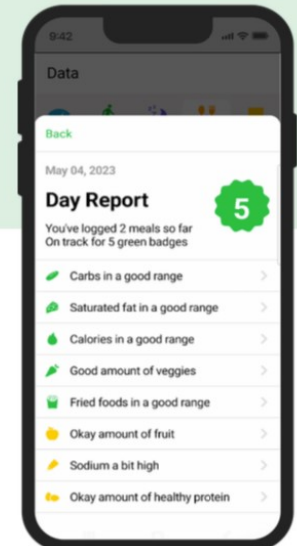
**40%**

achieve at least 5% weight loss at 12 months\*<sup>1</sup>

**8.56%**

average peak weight loss for members over age 65\*<sup>2</sup>

\*among members meeting CDC qualification criteria

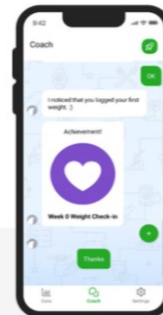


Daily Nutrition Report

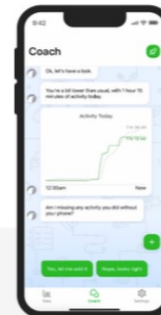
### Improved Access

**93%**

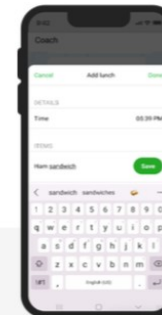
of Lark DPP users live in partial or whole county Health Professional Shortage Areas (HPSAs)<sup>3</sup>



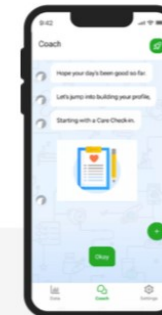
Weigh-In Reminders



Activity Coaching



Meal Logging



PHQ-2 Screener for Mental Wellness

1. Graham, Sarah A., et al. "Weight loss in a digital app-based diabetes prevention program powered by artificial intelligence." *Digital Health* 8 (2022): 20552076221130619.
2. Auster-Gussman, Lisa A., et al. "Engagement in Digital Health App-Based Prevention Programs Is Associated With Weight Loss Among Adults Age 65+." *Frontiers in Digital Health* (2022): 81.
3. Auster-Gussman, Lisa A., et al. "Reach of a fully digital diabetes prevention program in health professional shortage areas." *Population Health Management* 25.4 (2022): 441-448.

FLY2306078



World's First AI Provider  
NPI #1114438157



American Diabetes Association

# FRESH PEACH SALAD

**Salad:** 1/4 cup sliced almonds | 6-8 cups mixed greens | 3 small (or 2 large) ripe peaches | 1 handful red onion slices | 1/2 cup canned corn, drained | 2 ounces soft goat cheese, crumbled (or feta cheese)

**Dressing:** 1 1/2 tbs balsamic vinegar | 1 tbs Dijon mustard | 1 tbs maple syrup | 1/4 tsp kosher salt  
fresh ground pepper | 1/4 cup olive oil

## Instructions

- 1. Toast the almonds:** Place the nuts in a dry skillet (no oil) over medium heat. Heat, shaking the pan and stirring often with a wooden spoon, until the nuts are fragrant and golden brown, about 4 to 5 minutes. Remove immediately from the heat and transfer to a plate to stop the cooking.
- 2. Prep the fresh ingredients:** Slice the peaches. Thinly slice the onion.
- 3. Make the dressing:** In a small bowl, whisk together the balsamic vinegar, maple syrup, olive oil, kosher salt, and several grinds of fresh ground black pepper until thick and emulsified.
- 4. Serve:** To serve, top the greens with the peaches, almonds, red onion, goat cheese, and corn, then drizzle with the dressing. Serve immediately.

