

# Simple steps to better mental health.



Cheyenne Regional  
Medical Center

You deserve support. That's why we have programs designed to support you.

You have access to mental health support and counseling services through three programs provided by Cheyenne Regional Medical Center. Follow the chart below to find care.

## Looking for 24/7 support?

### Use your FREE Optum employee assistance program (EAP)—medical insurance not required!

You, your dependents, and your household members have access to confidential mental health support. **With your EAP you get:**

- Six free visits with a licensed therapist.
- Emotional well-being, grief and loss counseling, and much more.
- Elder and child care resources.
- Legal and financial wellness support.

Log into [liveandworkwell.com](https://liveandworkwell.com) (access code: CRMC) or call 866-248-4096

### Contact RISE—Resilience In Stressful Events—for FREE, confidential peer support.

Caring for patients can be stressful. Add the toll of unexpected events, and you might be feeling like you've hit a wall and don't know where to go next.

That's why we've developed RISE, so you can access 24/7 support from trained peer responders.

Call 307-996-8850 to talk with a peer or visit [intranet/for-staff/mental-health-resources](#)

**NEW!** Access FREE healthcare-specific wellbeing and resilience programs through the University of Minnesota. Register at [z.umn.edu/CRMC](https://z.umn.edu/CRMC).

## Enrolled in a Cheyenne Regional Medical Center medical plan?

### Use your behavioral health benefit through your UMR medical plan.

If your EAP mental health provider is in the UMR network, you can continue seeing them at the costs below:

#### Plus PPO\*

- Platinum: \$15 copay
- Tier 1: \$25 copay
- Tier 2: 20% after ded.

#### Basic PPO\*

- Platinum: \$20 copay
- Tier 1: \$30 copay
- Tier 2: 30% after ded.

#### CDHP

- Platinum: 15% after ded
- Tier 1: 20% after ded.
- Tier 2: Not covered

Not all Optum EAP providers are in network with UMR. To find a UMR provider, visit [umr.com](https://umr.com), select "Find a provider", enter "United Healthcare Choice Plus Network", choose "Behavioral Health Directory", input your zip code, and hit search.

\*Basic and Plus PPO plans may have benefits available for out-of-network providers, subject to plan limitations. Refer to your plan documents or contact UMR for details.

## Need an ongoing online option?

### Register with Talkspace.

Contact the EAP for an authorization code to use Talkspace. Then, download the Talkspace app to connect with a mental health provider anytime, anywhere. Once you've used your six free sessions through Optum, Talkspace will be covered under your UMR telehealth benefit at the costs outlined above.