

Programs available to you through your Universities of Wisconsin employment include benefits for mental health services. Review the eligibility column to determine which resources you and your household family members are eligible for.

Program	Eligibility	Cost	Brief Description of Mental Health Services	Contact Information
<a href="#">Employee Assistance Program (EAP)</a>	<p>All employees and their household family members.</p> <p>Graduate Assistants and Student Help employees have similar services available through their institution's student health services.</p>	<p>Access to EAP services is employer-paid. There is no cost to you or your household family members for using mental health services through this Program.</p>	<p>This Program provides up to six in-person or virtual visits per issue per calendar year. All services are confidential.</p> <p>Services provided are intended to help with <b>mild to moderate symptoms</b> for various mental health and well-being topics (including but not limited to anxiety, depression, relationship issues, and stress).</p>	<p>Services are administered by Acentra Health*. Contact the EAP by phone or access resources on their website.</p> <ul style="list-style-type: none"> <li>Phone: (833) 539-7285</li> <li>Website: <a href="https://sowi.mylifeexpert.com/">sowi.mylifeexpert.com/</a> (username: SOWI)</li> </ul> <p>*UW-Madison employees go to <a href="https://hr.wisc.edu/employee-assistance-office/">hr.wisc.edu/employee-assistance-office/</a> for additional information.</p>
<a href="#">State Group Health Insurance Program</a>	<p>Employees enrolled in State Group Health Insurance, their covered spouse, and dependents.</p>	<p>Services are covered based on your health insurance plan design. There may be out-of-pocket costs for using mental health services through this Program.</p>	<p>Confidential mental health services provided directly by your primary care physician or specialist.</p> <p>Services provided are intended to treat <b>mild to severe symptoms</b> for various mental health and well-being topics (including but not limited to anxiety, depression, and stress).</p>	<p>Services are covered by the health insurance carrier you selected when you enrolled in coverage.</p> <ul style="list-style-type: none"> <li>Contact your primary care physician for additional information or</li> <li>Contact your health insurance carrier to help you locate in-network providers that can assist with mental health services.</li> </ul>

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<a href="#">Well Wisconsin Program</a>	Employees enrolled in State Group Health Insurance, and their covered spouse.	Services are employer-paid. There is no cost to you or your covered spouse for using mental health services through this Program.	<p>Certified WebMD health coaches are available for confidential one-on-one conversations to support <b>mild symptoms</b> for various mental health and well-being topics (including but not limited to, anxiety, depression, and stress).</p> <p>WebMD provides short educational podcasts (most less than 10 minutes) on various mental health and well-being topics; available through the WebMD website.</p>	<p>Services are administered by WebMD, the Well Wisconsin Program administrator.</p> <ul style="list-style-type: none"> <li>Phone: (800) 821-6591</li> <li>Website: <a href="https://webmdhealth.com/wellwisconsin">webmdhealth.com/wellwisconsin</a></li> </ul>

*Every effort has been made to ensure that this information is correct and current. The terms and conditions of the Universities of Wisconsin benefits programs are established by state and federal laws and regulations, relevant contracts, and policies of the Board of Regents. These sources of authority have control over the information in this document to the extent there are any differences or conflicts.*