

Mental Health Help

Starts Here

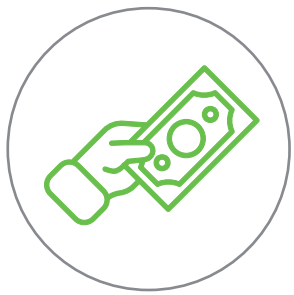
If you or a family member is stressed or struggling, tap into these confidential resources to help you navigate the rough spots.

SEAGATE EMPLOYEE ASSISTANCE PROGRAM (EAP)

The EAP—administered by Cigna—offers up to eight free counseling sessions per issue, per year (in person or virtual) for you and any family member living with you. You don't have to be enrolled in a Seagate medical plan.



Call Cigna at **888-371-1125** to find a counselor and get the EAP code to give to the counselor for the free sessions.



Your first eight sessions are free. For additional sessions, you pay the full cost until you meet the medical plan annual deductible. Then, you pay 10% or 20% of the cost (depending on your medical plan) until you reach the out-of-pocket maximum.

Learn more about the Seagate EAP and other options at benefits.seagate.com > **Employee Assistance Program**.

Additional Options for Cigna Members



Talk therapy

Connect with a licensed counselor, therapist or psychiatrist by online video and/or text.



MDLIVE

Go to mdlive.com. From the Members menu, select *Counseling or Psychiatry*.



Talkspace

Get started at talkspace.com/cigna.



Depression, anxiety or burnout

Live virtual counseling and peer support through Meru Health. Available in CO, CA, AZ. Get started at meruhealth.com/cigna.



Substance use disorder

Achieve and sustain long-term recovery. Available in CT, DC, FL, IL, TX, MD, NY, NJ, PA, VA. Get started by calling MAP Health Management at **844-627-1449**.



Obsessive compulsive disorder (OCD)

Virtual live therapy, app-based tools and texting through NOCD. Available in CA, MI, NC. Get started at treatmyocd.com.



What's the cost?

You pay the full cost until you meet the medical plan annual deductible (MDLIVE is \$55 per visit until your deductible is met). Then, you pay 10% or 20% of the cost (depending on your medical plan) until you reach the out-of-pocket maximum.

Caregiver Support

(Available to all U.S. Seagate employees)

1:1 coaching and help for caregivers of aging parents, spouse and other family members. Get started by calling Cigna Caregiver at **877-852-6139**. You don't have to be enrolled in a Seagate Cigna medical plan.

