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# New Behavioral Health services are available through ECU HealthNow

You may be like millions of Americans who have found themselves succumbing to stress-related behaviors or enhanced feelings of anxiety. You are not alone, and help is available through your ECU Health benefits. We offer you and your eligible dependents (ages 10 and up) access to the support needed to navigate these common life challenges using the Behavioral Health benefit offered through **ECU HealthNow**.

## You might be asking ...

- ▶ **“What’s in it for me?”** In a word: **Support**. If you are a team member covered under the medical plan, you may sign up to connect with a doctor 24/7 by phone or online to get the support you need when it’s convenient for you and/or your family members.
- ▶ **“How does it work?”** Behavioral Health services are now available through ECU HealthNow for team members and eligible dependents covered under the medical plan. Visit ECU HealthNow or download the ECU HealthNow app from the app store on your phone.
- ▶ **“How much does it cost me?”** Team members enrolled in the Basic or Choice plan can receive services at no additional cost. Team members enrolled in the Medical Savings Plan will pay \$55 until the deductible is met.

## “How do I get started?”

Again, visit **ECU HealthNow** to start your virtual care experience.