



AbleTo | Paylocity Demographics | Labor Law | Suicide Prevention

# HR Insights

University Physicians' Association, Inc.

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As UPA continues to strive to focus on mental health awareness, we wanted to spotlight a benefit that is available to all team members who are currently on our BCBS health insurance plan. The program called AbleTo, is a virtual and digital behavioral health service that provides therapy and coaching programs at 3 different levels. The levels include:

#### DIGITAL+

- o 24/7 instant access to self-guided Cognitive Behavioral Health Therapy. Weekly Activities over an 8-week period. Members have the option to work with a dedicated coach.

#### THERAPY+

- o Cognitive Behavioral Health Therapy delivered by licensed clinical therapist using digital tools. This includes 8 weekly teletherapy sessions.

#### THERAPY 360-

- o This program is available to members with comorbid medical and behavioral health conditions that AbleTo identifies via claims and pharmacy data. Members work with both a licensed clinical therapist and a behavioral health coach, meeting with each for 45 minutes each week for an 8-week period. In Week 8, members meet with the therapist only to review goals and close out their program. AbleTo's highly trained Engagement Center places proactive outbound calls to engage individuals in the program.

This benefit also extends to your family members who are on our insurance plan and it is at no cost for any team member who is currently enrolled in our Basic or Buy-up plans. However, if you are enrolled in either of the High Deductible Health Plan options, there would be a cost associated with this service until you meet your deductible.

To begin taking advantage of this great resource, you can visit [AbleTo.com/bcbst2](https://AbleTo.com/bcbst2).



Substance Abuse and Mental Health  
Services Administration

## Suicide Prevention Lifeline Transitions to 988

On July 16, the U.S. will transition to using the phone number 988 for the National Suicide Prevention Lifeline. Authorized by Congress in 2020, the move to 988 from a longer phone number will work toward strengthening and transforming the crisis care continuum.

The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) is working to provide tools to spread awareness of the Lifeline system, which includes a network of more than 200 locally operated and funded crisis centers. The vision for 988 is to have additional crisis services available in communities across the nation, much the way emergency medical services work.

# 988

SUICIDE & CRISIS  
LIFELINE

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**Paylocity**  
DEMOGRAPHICS

Just a reminder to ensure that all team members review and update your demographic data in Paylocity. This includes your address, phone number, and emergency contact information. By keeping this up to date, it also helps to ensure that the data our insurance carriers receive is accurate. You can review and update by going to Paylocity>HR & Payroll>Personal. Once you make the changes, you can click Submit at the bottom of the page.



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## State & Federal Labor Law Posters

State and Federal Labor Law posters are now posted on Paylocity for team members to easily view. This does not replace the Labor Law Posters that are posted in the work locations but is in addition to them. This allows all team members, including any remote workers, to easily access the posters. You can view them by going to Paylocity>Self Service Portal>Company>Labor Law Posters.

