

## MPI's Mental Health and Wellness Resources

*(Free and Low-Cost List)*

1. Optum Well Being <https://optumwellbeing.com/en-US>

Scan the code or visit [optumwellbeing.com](https://optumwellbeing.com) to see interesting articles, helpful tools and videos related to mental health,



2. Optum Emotional Wellbeing (formerly Optum EAP) (866)248-4094

**Note:** Optum [Liveandworkwell.com](https://www.liveandworkwell.com) Behavioral Health Resources

- Access Code: MPIPHP (to browse freely) or Register to Sign in at <https://www.liveandworkwell.com/>

Kaiser, Health Net, Medicare Advantage, etc. (contact your health plan for your behavior health information)

OPTUM 5 No-Cost Therapy Sessions (phone, video chat, in-person, or depends on provider)

Optum EAP is now “Emotional Wellbeing Resources”

- a. MPIPHP participants eligible for 5 EAP(Employee Assistance Program) therapy sessions at no cost to you, per year.
- b. To find a provider call (866) 248-4094 or use the provider (behavioral health) directory tool <https://www.liveandworkwell.com/>
- c. **You must obtain an authorization code from Optum** before going to your first EAP/Emotional Wellbeing Resource appointment.
- d. After the 5<sup>th</sup> EAP session, your behavioral care will switch to the MPI health plan you are enrolled in.
- e. If you are with Anthem BC PPO, you will remain with Optum Behavioral Health benefit.
- f. If you are with Kaiser , Health Net, Oxford, or Anthem Preferred Medicare Advantage, you will switch over to your health plan’s behavioral health program after the 5<sup>th</sup> session (they will refer you to the appropriate providers within your plan)



The screenshot shows the Optum MPI website header with the logo and navigation links: Home, Care, Benefits, Claims, Learn, Crisis support. A search bar is on the right. The main banner features the text 'Welcome, Motion Picture Industry Pension & Health Plan Members!' and 'Support for emotional wellbeing' next to an illustration of a diverse group of people. Below the banner are four circular icons with labels: 'Find expert care' (hands holding a heart), 'View your benefits' (lighthouse), 'Manage your claims' (notepad and magnifying glass), and 'Get guided help' (compass).

3. Optum Behavioral Health Therapy for Anthem PPO participants (\$5 Co-Pay) (888)661-9141(Press option 2, then 3, then your MPID, then DOB)
4. CALM Membership for you and up to five loved ones (**FREE, age 16 years or older**). Use Group Code: "Free Calm MPI" <https://www.calm.com/>
5. MPI Zoom Wellness Classes (**FREE**) - <https://www.mpiphp.org/home/wellness>
6. UCLA MARC (Meditation Awareness Research Center) Meditation Library [UCLA Mindful](#) | [UCLA Health](#)
7. Optum Stress, Anxiety and Depression Resources [Behavioral Health, EAP, WorkLife & Mental Health Services](#) | [Live and Work Well](#)
8. Wondr Health <https://enroll.wondrhealth.com/MPI>  
<https://login.wondrhealth.com/Login.html>

If you have any questions about MPI Wellness benefits (Optum Emotional Wellbeing) please reach out to Wellness Coordinator Brenda Weiner at [bweiner@mpiphp.org](mailto:bweiner@mpiphp.org)

Registration in any MPI wellness class is free, however, a completed and signed liability waiver is required to participate in any MPI movement-based class. You can download the waiver at <https://www.mpiphp.org/home/wellness>