

INTRODUCING

engage • educate • empower

The *Prevention Works* campaign is designed to engage, educate and empower our employees to better utilize the extensive benefits available to you as a Larimer County employee designed to detect, reduce and manage chronic disease conditions.

This quarter, our focus is...

MENTAL & EMOTIONAL WELL-BEING

Mental illness is not hiding in the margins of our society. It is hidden in plain sight - in our homes and workplaces, schools and shops, hospitals and jails.

Learn more about Larimer County's Mental Health Matters campaign.

larimercountymentalhealth.info/



It's time to Stamp Out Stigma around mental illness!

NEXT QUARTER'S FOCUS:

KNOW YOUR NUMBERS

DID YOU KNOW?

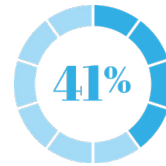
- **1 in 5** adults in America experience a mental illness.
- **DEPRESSION** is the leading cause of disability worldwide.



20% of youth, ages 13-18, live with a mental health condition.



Over the last 20 years, suicide rate is up 33% in the US.



Only 41% of adults with a mental illness, receive treatment in a given year.



70-90% of individuals see an improvement in symptoms after treatment.

TELADOC BEHAVIORAL HEALTH APPOINTMENTS FROM HOME



- 1 REQUEST A VISIT**
Schedule an appointment with a licensed therapist anytime online, or through the mobile app.
- 2 CHOOSE A THERAPIST**
Select a therapist based on specialty, location, language, gender, and ability to prescribe medication.
- 3 SELECT A DATE AND TIME**
Choose your preferred date and time, and get a confirmation from the therapist within 72 hours.

teladoc.com/behavioral-health/ • 1-800-Teladoc • teladoc.com/mobile/

MENTAL HEALTH RESOURCES

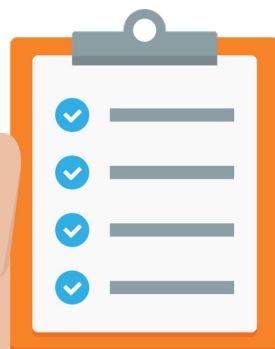
National Alliance for Mental Illness (NAMI) has a Larimer County Chapter, which offers ongoing support groups for individuals with family members who have mental illness. namilarimer.org.

COMPSYCH
— The GuidanceResources Company® —

REMINDER:

ComPsych is available for Larimer County employees, and offers 6 free counseling sessions (per issue/per year) for benefit eligible employees and members of your household. Online and phone access, available 24/7.

www.guidanceresources.com
1-800-272-7255



MENTAL HEALTH SCREENING: ARE YOU AT RISK?

Taking a mental health screening is one of the quickest and easiest ways to determine whether you are having symptoms of a mental health condition.

- www.mentalhealthamerica.net/mental-health-screening-tools

MANAGING YOUR WELL-BEING

Larimer County offers unique benefits through the medical plan to help you manage your well-being.



MASSAGE THERAPY VISITS

\$25 copay*



ACUPUNCTURE THERAPY VISITS

\$25 copay*

* \$1,000 combined annual maximum for massage and acupuncture therapy per covered medical plan member per year.

THERE ARE POSITIVE PHYSICAL & MENTAL EFFECTS FROM MASSAGE AND ACUPUNCTURE THERAPY SUCH AS:

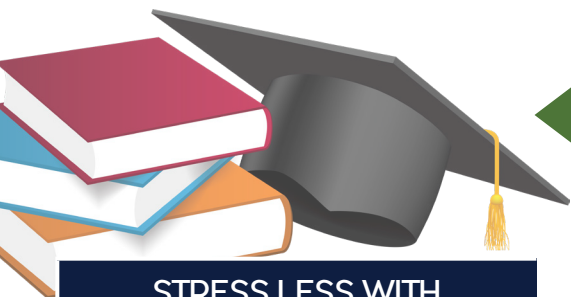
- 1 Reduce stress and improve overall mental wellness.
- 2 Enhance sleep quality and increase energy.
- 3 Relieve tension and pain in muscles.
- 4 Improve range of motion and increase joint flexibility.

GET REIMBURSED
 Get your massage therapy and acupuncture therapy visits reimbursed. Download the [reimbursement form](#) and submit them to UMR.

MASSAGE & SPA DISCOUNTS

with local providers can be found here:

www.larimer.org/hr/benefits/wellness/wellness-discounts/massage-spa-discounts



LIFESTYLE EDUCATION REIMBURSEMENT

\$500 per covered medical plan member per year.

www.larimer.org/hr/benefits/wellness/lifestyle-education

STRESS LESS WITH BIOFEEDBACK

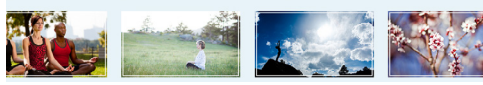


FORT COLLINS
BIOFEEDBACK

FORT COLLINS BIOFEEDBACK
fortcollinsbiofeedback.com
 (970) 221-1106

Biofeedback is a technique you can use to learn to control your body's functions, such as your heart rate. With biofeedback, you're connected to electrical sensors that help you receive information (feedback) about your body (bio). Biofeedback training session will involve a review of skills and the teaching practice of new self-regulation skills.

MINDFULNESS BASED STRESS REDUCTION



MINDFULNESS MATTERS INSTITUTE
www.mindfulnessmattersinstitute.com
 (970) 302-1796

Counseling for individuals struggling with stress, anxiety, and worry. MBSR (8-week course) and Koru Mindfulness (4-week course) are evidence-based courses that provide guidance on how to live life more fully.

CALM APP FOR YOUR PHONE



CALM APP
 Apple Store: [Download App](#)
 Google Play: [Download App](#)

CALM is a top-rated app for meditation and mindfulness. Enjoy 100+ guided meditations to help you manage anxiety, lower stress, and sleep better. CALM is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users.

