



Discover online support available to you today



Check out these digital resources included in your **Here4TN** benefits. It's all about helping you and your family connect with care when you need it. Many of these benefits can be accessed through **Here4TN.com** or by calling **855-Here4TN** (855-437-3486).

Here4TN.com

Explore tools, articles, videos, self-help programs and more for a variety of mental health and work-life concerns, from stress, anxiety or substance use disorder to help with parenting or caregiving. Search for nearby network providers, including those offering virtual visits, and even schedule appointments with some providers right online.

Virtual visits

See and speak with a clinician who can evaluate and treat a variety of general mental health conditions, such as anxiety, depression and substance use disorder, and can also prescribe medications as needed.

Talkspace

Access **Talkspace** anytime, anywhere. Use the online matching tool to find a licensed therapist to speak with via a live video or audio session. Providers are available five days a week with some offering evening and weekend appointments.

Optum

If you have a TTY system for a hearing or speech impairment, call 711.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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Virtual Behavioral Coaching

Want to better manage the symptoms of depression, stress and anxiety? Get personalized, self-paced support with Virtual Behavioral Coaching from AbleTo. The program delivers a tailored path to help you build coping skills. It includes:

- Evidence-based tools and techniques
- On-demand 24/7 support
- Motivational guidance from a dedicated coach

Calm

Calm can help you tackle stress, get a good night's sleep and feel more present in your life. You can also use it to build coping skills and resiliency to navigate life's uncertainties. It's all self-paced with audio and video tools, so you can focus on what matters most to you, wherever you are and at your own speed, 24/7.