## MENTAL HEALTH AT A GLANCE

In case of emergency (suicide, harm to self and others), call 911 or the Suicide Prevention Hotline at 800-273-8255.

If you need extended time off to care for yourself or your family member, you may qualify for a leave of absence. For more details, contact The Larkin Company at 866-923-3336 or nvidia-loa@thelarkincompany.com.

	<u>Dedicated</u> <u>Counselor</u>	Employee Assistance Program (EAP)	NVIDIA HSA	NVIDIA HSA Plus	NVIDIA PPO	<u>Kaiser</u> <u>HSA (CA)</u>	<u>Kaiser</u> <u>HMO (CA)</u>	<u>BCBS</u> (Alabama)	Crossover Health (in Santa Clara)	Rethink (developmental disabilities)
DURATION	Short-term   Eight visits per incident		Long-term   Acute situations   Unlimited visits						Unlimited visits	Counseling - 14 hrs per year
ELIGIBILITY	At least 18 years of age	Employees and household members	Enrolled employees and dependents						Enrolled employees, dependents (18+) in Cigna	Employees and family members
COST	N/A	N/A	Deductible and Coinsurance	Deductible and Coinsurance	Copays	Deductible and coinsurance	Copays	Copays	Copay or deductible and Coinsurance	N/A
VISIT TYPE										
n Person		✓	✓	✓	✓	✓	✓	✓	✓	
/irtual Visits/Telehealth	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Counseling via Text Message (Talk Space - Cigna)		<b>√</b>	<b>✓</b>	✓	<b>✓</b>					
Psychiatry			✓	✓	✓	✓	✓	✓		
Group Therapy			✓	✓	✓	✓	✓	✓		
TOPIC										
Substance Abuse			✓	✓	✓	✓	✓	✓	✓	
Addiction	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Grief Counseling	✓	✓	✓	✓	✓	✓	✓	✓	<b>✓</b>	
Family Support	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Serious Health Diagnosis (COVID, Cancer)			✓	✓	<b>✓</b>	✓	<b>✓</b>	✓	✓	
Societal Concerns	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Relationship, Marriage, Divorce			✓	✓	✓	✓	✓	✓	<b>✓</b>	
tress, Anxiety, Depression	✓	✓	✓	✓	✓	✓	✓	✓	✓	
ating Disorder			✓	✓	✓	✓	✓	✓	✓	
/ork Stress	✓	✓	✓	✓	✓	✓	✓	✓	✓	
pecial Needs			✓	✓	✓	✓	✓	✓	✓	✓