

SUPPORTING YOUR MENTAL HEALTH



At Motorola Solutions, we're committed to supporting your total well-being, including your mental health. That's why we offer mental health resources to help you along the way. Take advantage of all the resources available to you.



Employee Assistance Program

The Employee Assistance Program (EAP) through SupportLinc can help you deal with life's everyday challenges. The EAP provides confidential assistance by phone, video, or text, and can help you with a wide variety of issues, including stress, depression, and anxiety. You and your dependents can each use up to five face-to-face counseling sessions at no cost to you. If you need additional counseling beyond the five sessions, the EAP will help you find counselors in your medical plan network.

(888) 674-4474 or text **"support"** to **51230**
supportlinc.com (code: msi)

Live Well, Be Well

Our wellness program offers personalized tools and support resources to help you and your family meet your well-being goals. Get access to digital coaching to help better manage your physical and mental health, mindfulness activities to relieve stress, and so much more.

To register: join.virginpulse.com/MSI
To log in: member.virginpulse.com

National Suicide Prevention Lifeline

Counselors are available 24/7 to provide free, confidential support. They can help you make a safety plan if you need help or if you are worried about a family member or friend.

Via phone **988** or suicidepreventionlifeline.org
(includes online chat)

National Domestic Violence Hotline

Advocates are available to talk to you by phone or live chat free of charge.

(800) 799-SAFE (7233) or text **"START"** to **88788**
thehotline.org (includes online chat)



DON'T WAIT TO GET HELP




If you or someone you know is in crisis or you are concerned about someone harming themselves or others, call 911 or go to the nearest emergency room.

For more details on your benefits, visit benefits.motorolasolutions.com

Mental health coverage

If you are enrolled in a Motorola Solutions medical plan, you and your covered dependents have access to behavioral health coverage, including mental health treatment (inpatient and outpatient), medication management, and substance use disorder services. For details, speak with your primary care physician or contact your carrier using either the websites below or the number on the back of your ID card.



Carrier	Additional resources
 BlueCross BlueShield bcbs.com/member-services	<p>Learn to Live: Digital mental health programs offer support for stress, anxiety, depression, insomnia, substance use, and more.</p> <p>Headway: An expanded behavioral health network of in-network providers to ensure you can quickly find a therapist that fits your needs.</p> <p>Behavioral Health Case Managers: Licensed clinicians who can help you learn about your condition and treatment options, find a provider, and understand your mental health benefits.</p> <p>MDLIVE: Schedule phone or video appointments with a licensed behavioral health therapist.</p> <p>Personal health clinicians: Get help with your questions, concerns and more – backed by a team of health specialists, including behavioral health clinicians, social workers and a pharmacist.</p>
 myCigna.com	<p>myCigna.com: Find a psychiatrist or counselor (including a partial list of virtual providers) and start video counseling by going to myCigna.com > Find Care & Costs.</p> <p>Ginger: Behavioral health coaching via text-based chats, self-guided learning activities, and, if needed, video-based therapy and psychiatry.</p> <p>MDLIVE: Schedule phone or video appointments with a licensed psychiatrist or counselor.</p> <p>Talkspace: Online therapy via private messaging or live video session.</p>
 kp.org or kp.org/mentalhealth	<p>Calm: Members can use meditation and mindfulness to build mental resilience, reduce stress, and improve sleep.</p> <p>Ginger: Get the Ginger app and text with your emotional support coach anytime, anywhere. This app is available to members at no cost.</p> <p>myStrength through Teladoc Health: Members can set mental health goals, track progress, and get support managing depression, anxiety, and more.</p>

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