

IT'S GREAT TO BE A SAINT LEO EMPLOYEE!

DID YOU KNOW YOU HAVE FREE MENTAL/BEHAVIORAL HEALTH BENEFITS?

Check out the information below regarding Aetna Resources for Living and TalkSpace!

Resources
for Living

talkspace



Employee Assistance Program

24 hours a day in the moment emotional assistance



Daily Life Assistance

Six free counseling sessions per issue per year for you and your household and children (up to 26 yrs)



What is Talkspace?

A part of RFL, just virtual!
An online therapy platform to connect with a licensed therapist via text, picture and video message at any time!
For adults 18yrs or older



How do I start?

Register your account at talkspace.com/RFL, then enter your employer's name when prompted for Organization name.
You can download the app too!

Free to all employees, participation in the ICUBA medical plan not required!

Still not sure what Aetna/TalkSpace is? Have questions?

Contact your Saint Leo Benefits team any time via email:

Wellness.benefits@saintleo.edu

OR

Check out the Saint Leo intranet page and search for the Benefits Wise Guide!