



# MENTAL HEALTH TOOLBOX BENEFIT PLAN TOOLS

Below is a summary of benefits and resources available to you if you are enrolled in the Mount Saint Vincent University health plan.

**Coverage for Mental Health Therapy** – coverage for Mental Health Therapy is available through your health plan. NEW expanded practitioners effective April 1st, 2023: coverage of \$2,000 per policy year can be used for psychologists, social workers, counselling therapists, psychotherapists and psycho-educators.

**Digital Therapy** – one-on-one live digital therapy experience with a mental health practitioner. Digital therapy with a psychologist is reimbursable under your Mental Health Therapy benefit. Available through:

- ▶ Medavie Blue Cross [www.medaviebc.ca](http://www.medaviebc.ca) and log in as a plan member, or, through the Medavie Mobile app.
- ▶ MindBeacon <https://www.mindbeacon.com/live-sessions>

**iCBT** – internet based cognitive behavioral therapy programs (iCBT) can help if live one on one therapy is not the right fit. You receive support from a registered therapist while following a structured therapeutic approach that you can do on your own time, in your own way. **Available as an out-of-pocket cost.**

Available through:

- ▶ AbilitiCBT <https://myicbt.com/home>
- ▶ MindBeacon <https://www.mindbeacon.com/guided-cbt-programs>

**Primary care medication**– If you have been prescribed a mental health drug by your physician, most drugs for mental illness are covered by your drug plan.

**Pharmacogenetics** – studies the body's response to drugs based on genetic makeup. Pharmacogenetic testing helps physicians choose the best medication based on your DNA. Test results are provided to you and you may choose to share them with your physician.

Medavie Blue Cross offers pharmacogenetic testing at a preferred price through their personalized medicine option via the Connected Care digital health platform.



Below is a summary of resources available to you through your Long Term Disability benefit.

**Manulife Long Term Disability** – if you become disabled and on LTD, you can be referred to different specialists through your LTD case manager, including mental health specialists and psychiatric medical consultants. They also offer rehabilitation programs to assist you to return to your regular job duties.

**Manulife Return To Work Site** – quick access to information and resources on mental health conditions and psychosocial issues, managing absences, and returning to work planning.

<https://www.manulife.ca/business/mental-wellness-solutions/workplace-solutions/managing-returning.html>

## MANULIFE LTD SPECIALISTS

- ▶ **Mental Health Specialist** – guides mental health case management. Reviews claims at 3 months from benefit start date and at regular intervals afterward.
- ▶ **Psychiatric Medical Consultants** – reviews appropriateness of pharmacological treatment, medication interaction and side effects, clarification on diagnosis, and conducts doctor to doctor calls.
- ▶ **Rehabilitation** – if appropriate, functional rehab available during claim to support recovery and return to work. Vocational rehab offered if you are not expected to be disabled from performing any occupation after the change of definition of disability.