

PACIFICSOURCE

Because mental health and physical health go hand in hand, PacificSource provides the following mental health resources to support members:

- Mental Health services are included with Teladoc and the cost share is waived with Teladoc through 12/31/21.
- To find a provider, please refer to the list of preferred providers found online at the [PacificSource website](#) (choose plan network – voyager). You can also reach out to PacificSource at 1-888-977-9299 for assistance.
- The [Resource Library](#), which contains information on various topics, including emotional wellbeing and health advise.
- [PacificSource video library](#) offers resources related to mental health. There are also recorded webinars and short videos made by field experts. Some highlights include [“The Stigma of Depression,”](#) [“What Depression Looks Like,”](#) and [“Overcoming Depression in the Workplace.”](#)
- This [video](#) highlights a variety of extra services available to you through PacificSource.
- Another resource [CaféWell](#), the 24/7 member health engagement portal. Through CafeWell, you can take assessments, participate in health coaching, and sign up for wellbeing challenges that focus on your goals. You also have access to communities of health experts and personalized health resources.
- For Covid-specific resources, please review the [Covid blog](#), which contains the latest information and updates. You can also check information on flu shots [here](#).
- [Teledoc](#)
 - Available to all PacificSource plan members. Cost share for Teladoc visits, for any diagnosis, are waived through December 31, 2021. Behavioral health visits are available and Teladoc added slot scheduling for Behavioral Health visits. Behavioral health visits are available 7 am – 9 pm, 7 days a week. Pediatric appointments are available with limited availability.
 - Contact [Teladoc.com/therapy](#) for more information. As a reminder, acute care visits are available 24 hours a day 7 days a week.