



# ***COUNSELING SERVICES***

**FREE** counseling services are available to all Residents/Fellows employed by Capital Area Health Consortium.

There is **NO** cost to you. There is no need to use your insurance or tell your Program Director or Coordinator.

**You may contact UConn's Employee Assistance Program or any of the participating providers:**

## ***EAP Contacts:***



**Rich Agostinho, LCSW**  
(860) 679-2877  
[uchc\\_eap@uchc.edu](mailto:uchc_eap@uchc.edu)  
\*Hours: M-F 8a-5p



**David Francis, LPC,  
LADC, CEAP**  
(860) 679-2877  
[uchc\\_eap@uchc.edu](mailto:uchc_eap@uchc.edu)  
\*Hours: M-F 8a-5p



**Kelly Huffman, LPC,  
CEAP**  
(860) 679-2877  
[uchc\\_eap@uchc.edu](mailto:uchc_eap@uchc.edu)  
\*Hours: M-F 8a-5p



**Allyson Powell, LCSW**  
(860) 679-2877  
[uchc\\_eap@uchc.edu](mailto:uchc_eap@uchc.edu)  
\*Hours: M-F 8a-5p

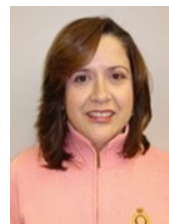
## ***Participating Providers:***



**Teo-Carlo Straun, MD**  
Telehealth  
(860) 756-0455  
\*Hours: M-F 10a-6p



**Dervin Cunningham, MD**  
Telehealth  
(860) 756-0455  
\*Hours: M-F 10a-6p



**Maria Da Costa, MD**  
Telehealth  
(860) 232-9209  
\*Hours: Morning and Evening Appts.

### **THERE IS NO COST FOR THIS SERVICE**

- You need to be actively employed to qualify for services. Please bring your employee badge or a current pay stub to each appointment for employment verification.
- If you require urgent care, please go to the nearest emergency department.
- Alternatively, you can choose your own healthcare provider using your health insurance. There is no charge for in-network providers.
- If you have any questions or scheduling issues, please contact CAHC at (860) 676-1110 or email us at [cahcgroupp@uchc.edu](mailto:cahcgroupp@uchc.edu).



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## ***Participating Providers Continued:***



**Amit Rathi, MD**  
Telehealth or In-Person  
(860) 707-3502  
\*Hours: M-F 9a-5p  
345 N. Main St., Unit 311  
West Hartford



**Karla Rodriguez-Perez, MD**  
Telehealth  
(860) 756-0455  
\*Hours: M-F 10a-6p



**Anita Lowe-Choa-Lee, APRN**  
Telehealth  
(860) 803-7647  
\*Hours: M-F after 5p



**Angela Roberts, APRN**  
Telehealth  
(959) 207-1951  
\*Hours: T, W, TH 5-8p



**Nellie Filippopoulos, PsyD**  
Telehealth or In-Person  
(860) 561-1662  
\*Hours: M-F 10a-7p  
18 North Main St., 3rd Floor  
West Hartford



**Debra Bailey, PhD**  
Telehealth  
(860) 561-0746  
\*Hours: M 7a-3p, T 7a-4p,  
W 7:30a-1p, TH 7:30a-2p,  
F 7a-12p, S 8:15-10:30a



**Vamsi Koneru, PhD**  
Telehealth  
(305) 321-5384  
\*Hours: M 8a-3p, T 8a-9:30p,  
W 8a-2p, Th 8a-9:30p,  
F 8a-3p, Sun 8a-5p



**Judith Rosenberg, PhD**  
Telehealth or In-Person  
(860) 667-3043  
\*Hours: M-F 8a-6p  
20 Hurlburt St.  
Ste. 100  
West Hartford



**Mark Meola, LCSW**  
Telehealth  
(203) 305-8500  
\*Hours: T, W 5-8p, S 9a-3p

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## ***IN-NETWORK PROVIDERS ANTHEM SYDNEY HEALTH APP.***

### ***In-Network Providers and Sydney Health App.\*:***

Mental health and substance abuse care are covered at no cost when using in-network providers, including virtual-online visits, or in-person appointments with participating providers.

To easily find an in-network provider, download Anthem's Sydney Health App. The app provides quick access to your benefits, claims, ID cards, and plan information.

You can also use the app to locate doctors, set up virtual care visits through LiveHealth Online, track your health, and stay up-to-date on your plan details



\*Available to all dependents insured under your health plan.



# *GUARDIAN \* UPRISE HEALTH*

## *EMPLOYEE ASSISTANCE PROGRAM*

Employee Assistance Program

**\*Available to residents/fellows and their family members.**



## Employee Assistance Program Overview

Our comprehensive Employee Assistance Program (EAP), available through Uprise Health, provides you and your family members with confidential, personal and online/web-based support on a wide variety of important and relevant topics — such as stress management, dependent/elder care, nutrition, fitness, and legal and financial issues.

### Employee assistance program consultative services

- **Online modules and coaching** — learn, develop, and practice new skills to improve mental fitness; includes a well-being check, online modules selected specifically for you, and up to 3 coaching sessions
- **Face-to-face and virtual counseling** — up to 3 visits per employee/household member per issue, per year
- **Bereavement** — support available through telephonic or face-to-face sessions; online resources available on EAP website
- **EAP website resources** — includes webinars, podcasts, articles, videos, FAQs, etc.; additionally, individuals can chat online with an EAP consultant

### Work-life assistance and resources

- **Work-life services** — unlimited 24/7 access to work-life specialists (subject matter experts) in the areas of family and care giving, health and wellness, emotional well-being, daily living, and balancing work and life responsibilities
- **Child and elder care referral** — unlimited telephonic consultation with a work-life specialist (part of Work-life services)
- **Employee discounts** — access to discounts on a large number of products and services, from gym memberships to dental, vision and pharmacy items, entertainment, restaurants, computers, cars, and much more
- **Medical billing negotiation tools** — information and guidance on negotiating medical bills

### Legal/Financial assistance and resources\*

- **Legal consultation** — unlimited telephonic support and free initial 30-minute face-to-face consultation with an attorney, includes a 25% discount on attorney services thereafter; online legal forms; extensive online law library
- **Financial consultation** — unlimited telephonic support for financial problems or planning needs; 30 days of financial coaching; extensive online financial library and calculators
- **ID theft** — free consultation with a trained Fraud Resolution specialist that will assist with ID theft resolution and education; ID theft educational materials available online



- **WillPrep** — online self-service documents available on EAP website; discounted estate planning package options available includes: \$100 attorney assisted will package, \$179 couples will package, \$649 individual trust package, and \$999 couples trust package\*\*
- **Tax consultation** — tax questions only can be answered as part of the financial consultation offering
- **Online self-service legal documents** — examples include, but are not limited to, living trust, will, power of attorney, deeds

[worklife.uprisehealth.com](http://worklife.uprisehealth.com)

**Access code:** worklife

**Phone:** 1-800-386-7055

24 hour crisis help available. Regular office hours:  
Monday-Friday 6am-5pm PST.