

Mental Health Resources



Take advantage of these free mental health resources available to participants enrolled in Getty's medical plans!

Aetna Participants

Talkspace, a benefit made available to you through your Aetna enrollment, is a digital space for convenient and private mental health support. Members can receive counseling, therapy, and medication services through the mobile app. (Sessions are subject to your applicable deductible/coinsurance/copays.) Members also have access to Talkspace education and interactive self-help tools.

To register, visit talkspace.com/aetna and have your member ID ready.

UnitedHealthcare Participants

Calm, a benefit made available to you through your UnitedHealthcare enrollment, is an app providing a library of support including mindfulness content and programs created by psychologists. Find tools, music, and sounds to help you meditate, improve focus, and feel calm. Join self-guided self-care programs and track your progress along the way.

To register, first sign-in to your myuhc.com account, and select the Calm Health tile on the homepage under the member resources section.

