



THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

EMPLOYEE SHOUT OUT!

Recently Troy Null provided exceptional care and service to a client in the Sterling office. Her efforts wanted to be recognized by her peers. Thank you Troy for your work with this client. You, and others like you are why Centennial continues to Move Lives Forward!

BLACK HISTORY MONTH



Throughout the month of February, The National Council will reflect on mental health and substance use care in the Black community, while

fostering shared learning and engagement on issues of health care inequity.

They will also share new content, resources and learning opportunities – from their **“Health Equity and Racial Justice” online directory** and **healthy equity toolkit** to their **BH365 blog** and newsletters.

More than an observance, Black History Month is a chance for us to discuss key issues that help our communities move forward together.

Click any of the above links for further information from the National Health Council.

EAP IMPROVEMENTS

Over the past couple years, brokers and members have inquired about Guardian’s EAP program more than ever before. Guardian and the EAP partner, Uprise Health, have responded to this by enhancing their EAP offering. As you might know, they include EAP with all groups that have 3 or more lines of coverage, assuming 1 is employer paid. Detailed below are the new features and enhancements. These are available to for all new and inforce members. The link to the website is also below. This is offered to all employees of CMHC since we are enrolled in group life. This does not take the place of Centennial’s internal EAP program – it is an enhancement to the Guardian benefits.

- Redesigned user-friendly website
- 3 visits per issue (upgraded from 3 visits per year)
- New digital cognitive behavioral coaching offering
- Medical bill negotiation coaching service
- Additional discounted legal packages available for employees

<https://worklife.uprisehealth.com/>

For additional questions contact Sharon in HR.