

Employees may now utilize up to eight behavioral health visits  
at no cost to the employee



- **Up to three sessions in-person or telehealth for employees and their dependents**

**LifeWorks:**

- **Up to 5 sessions (telehealth only)**
- **Employees and dependents**
- **Runs through Pastoral as 5 sessions allowed under LifeWorks or can be a standalone**

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**[www.pastoralinstitute.org](http://www.pastoralinstitute.org)**

Completely confidential, a local benefit to support HCSD employees