




## May 2022 – eHealth Alert



How can we improve your Pearson Benefits experience?  
Let us know by filling out this brief survey [here](#).

### For Your Health

Coverage for Doula services is now available! A doula is a professional labor assistant who provides physical and emotional support to you and your partner during pregnancy, childbirth, and the postpartum period. Studies examining the impact of continuous support by doulas report significant reductions in cesarean births, instrumental vaginal births, and shortened durations of labor.\* Pearson medical plans administered by **Anthem and Cigna now reimburse up to \$2,000 for doula services**. Doulas must be certified by one of these organizations to be eligible:

<a href="#">Birthworks</a>	<a href="#">Doulas of North America (DONA)</a>
<a href="#">Childbirth International</a>	<a href="#">International Center for Traditional Childbearing</a>
<a href="#">Childbirth and Postpartum Professional Association</a>	<a href="#">International Childbirth Education Association</a>
<a href="#">Commonsense Childbirth Inc.</a>	<a href="#">National Black Doulas Association</a>

Talk to your provider or community maternity support resources, or visit the [DONA website](#) to learn more about finding a certified doula. Click [here](#) to see what information is needed to submit a claim to be reimbursed for Doula services.

\*Impact of Doulas on Health Birth Outcomes, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3647727/>  
[Campbell, Lake, Falk, & Backstrand, 2006](#); [Klaus & Klaus, 2010](#); [Newton, Chaudhuri, Grossman, & Merewood, 2009](#); [Papagni & Buckner, 2006](#); [Sauls, 2002](#)

### For Your Wealth

**“Retirement Myths” education series by Empower, Pearson’s 401(k) administrator**

As you’re planning your financial future, it’s important to be able to separate fact from fiction. Offered throughout the month of May, this live virtual session will share some important facts about making contributions, choosing your investments, accessing your money, account security, and plan fees and expenses. Register for “Retirement Myths” today! Sign up [here](#) for the session that best fits your schedule.

### For Your Life

**On-demand webinar, “Supporting Family and Friends with Behavioral Health Challenges”**

If someone close to you is struggling with anxiety, depression, ADHD, eating disorders, addiction, or other behavioral health challenges, you may be wondering how to support them. ConsumerMedical can provide resources and guidance to help you better support family and friends, find the best behavioral health specialists and treatment centers, and understand diagnoses and treatment options. Click here to watch this on-demand webinar at a time that is convenient for you.

**May is Mental Health Awareness Month in the U.S.**

This is a good time to be reminded of all the resources available to you (and your eligible family members) as a Pearson employee to address those short-term stressors as well as more serious mental health and substance use disorders.

If You Need Assistance With...	Resources	Assistance Covered By Your Pearson Benefits	Contact Information
Managing short-term stress or obstacles of life	<a href="#">Employee Assistance Plan (EAP)</a>	Up to 5 face-to-face/video sessions (or unlimited telephonic sessions). Available to you and members of your household.	To reach the EAP by phone, call <b>1.800.593.4138</b> , employer ID: pearson.
Outpatient Counseling beyond the 5 face-to-face /video sessions	Your medical plan	The EAP will provide referrals to your medical plan network providers (psychologists, social workers, therapists).	The list of provider contacts can be located on this <a href="#">page</a> of the benefits website.
Looking for a one-time check-in or if you need long-term therapy	MDLIVE Therapy	There's no travel time and no office visit. Just sign in and choose a therapist that fits your needs and make a secure video appointment.	Visit <a href="#">MDLIVE</a> or call 1-888-632-2738.
More comprehensive mental health or substance use disorders treatment	Your medical plan	Your Pearson medical plan provides comprehensive coverage, click <a href="#">here</a> for an overview.	The list of provider contacts can be located on this <a href="#">page</a> of the benefits website.