Stay connected with your NMUSD benefit resources

Use the links below to access relevant COVID-19 information and resources. Now is a great time to utilize options such as Telephone Appointments and Virtual Care, as well as EAP.

OPTUM - Employee Assistance Program
- NMUSD Employee Assistance Program telephone number - 866-828-6049
- NMUSD Employee Assistance Program web page - Click "Browse as a guest..." and use access code 11670
- COVID-19 Resources for Employee Wellbeing

Kaiser Permanente
- 24/7 Care Advice - 833-KP4CARE
- Options for Care - In-person, Email, Telephone, and Video
- Simple steps to connect with your health
  Maneje su salud en línea en cualquier momento
- Telephone Appointments
  Consultas Telefonicas
- Getting started with video visits
  Cómo empezar con las consultas por video

Cigna
- 24/7 Health Information Line - 800-Cigna-24
- 24/7 Virtual Care - Telephone and Video Appointments
  Medical and behavioral/mental health virtual care
  El servicio de atención virtualmédica y par a la salud del comportamiento/mental