

Support Your Well-Being

We understand the stress and trauma our healthcare professionals may experience on the front lines while serving patients across the country. AMN Healthcare offers multiple options to support you and your well-being during this time.



On-Demand Counseling Services:

If you need to talk to someone immediately or by scheduling a future appointment, we've got you covered.

AMN's Employee Assistance Program (EAP) has crisis counselors available 24/7 to provide you with on-the-spot counseling services.

Here when you need us.

Web ID: AMNHEALTHCARE

Call: (844) 888-9780

TDD: (800) 697-0353

Online: guidanceresources.com

App: GuidanceResources® Now

Tele-Health for Doctor Visits:

If you are enrolled in health insurance with AMN Healthcare, you have low cost tele-health services available through your carrier. This includes visits for regular doctor needs (headaches, sore throat, allergies, stomachache, etc.) as well as mental health appointments.

Aetna

Teledoc
(855) 835-2362
www.teledoc.com/aetna

Cigna

MDLIVE
(888) 726-3171
www.MDLIVEforCigna.com

Anthem

LiveHealth Online
(888) 548-3432
www.livehealthonline.com

Kaiser

My Health Manager
Check the back of your IDCard
www.kp.org/myhealthmanager

Use the chart to find who your provider is based on your medical plan carrier.

Well-Being Resources

Online Fitness

Wellbeats: Library of Fitness Videos

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Grokker: Library of Fitness Videos

Meditation

Calm Health: Meditation and Sleep Support

Inside Timer: Meditation and Sleep App

Well-Being resources are at no cost during the COVID crisis. Deadline for no cost use varies by provider.