



ATHLETE WELLNESS RESOURCES

EFFECTIVE OCTOBER 1, 2017

NATIONAL MEDICAL NETWORK		
CONTACT	USOC DIVISION	# ATHLETES SERVED ANNUALLY
Dr. Bill Moreau Bill.Moreau@usoc.org	Sports Medicine	N/A, patient confidentiality
OVERVIEW	REFERALL PROCESS	
<p>Service providers nationally and regionally for psychiatry services to include clinical, performance based or both</p> <p>University of Utah. Private and confidential in-patient services and clinic UC San Diego Health. Private and confidential in-patient services and clinic Psychiatric Physicians with Sports Med CAQ in Cumming, GA Raleigh NC New York, NY Beaverton, OR Houston, TX Nationwide. Volunteer psychiatrists' services</p>	<ol style="list-style-type: none"> 1. Determine if athlete EAHI or EAHI eligible 2. If eligible, contact Karen Hagenman/NMN email nmn@usoc.org to request referral application form 3. If non-EAHI, contact Karen Hagenman/NMN email nmn@usoc.org to request referral application form Request for eligibility criteria will be sent to high performance director 4. Verify and referral sign-off by Dr. Moreau 	
ATHLETE ELIGIBILITY	ATHLETE COSTS	
<p>Elite: EAHI or EAHI eligible</p> <p>Non-EAHI: Sports performance based criteria, High Performance Director (HPD) provides qualification criteria, V.P. of Sports Medicine determines approval served on a case-by-case basis</p>	<p>EAHI eligible: little to no cost to athlete</p> <p>Non-EAHI: If approved by V.P. of Sports Medicine, little to no cost to athlete</p>	

SPORT PSYCHOLOGY REGISTRY		
CONTACT	USOC DIVISION	# ATHLETES SERVED ANNUALLY
Karen Cogan Karen.Cogan@usoc.org	Sport Psychology	N/A, too many providers and confidentiality
OVERVIEW	REFERALL PROCESS	
150 mental health providers nationwide, screened for education and credentials in psychology and sports psychology	<ol style="list-style-type: none"> 1. Contact Karen Cogan to connect with athlete and understand needs (clinical and/or performance) 2. Karen refer athlete to appropriate contact(s)/ provider(s) in registry 3. No additional contact with sports psych once athlete referred 	
ATHLETE ELIGIBILITY	ATHLETE COSTS	
Any athlete can be referred to the Registry. The athlete does not have to be in the EAHI system.	<p>Providers usually charge for services so it is up to the athlete to determine cost for services with the provider.</p> <p>Providers are asked to offer 8 pro bono hours and those are reserved for top athletes as determined by the NGB and is on a case by case basis.</p>	

USOC SPORT PSYCHOLOGISTS		
CONTACT	USOC DIVISION	# ATHLETES SERVED ANNUALLY
<ul style="list-style-type: none"> • Summer Acrobat & Combat Sports Karen Cogan (karen.cogan@usoc.org) • Summer Strength & Power Sports Sean McCann (sean.mccann@usoc.org) • Winter Sports Alex Cohen (alexander.cohen@usoc.org) • Summer Team Sports Peter Haberl (peter.haberl@usoc.org) • Psychophysiology Lindsay Thornton (lindsay.thornton@usoc.org) • Paralympic Sports Sara Mitchell (sara.mitchell@usoc.org) • Summer Sports Chula Vista Caroline Rodriguez (caroline.rodriguez@usoc.org) 	Sport Psychology	N/A, patient confidentiality
OVERVIEW		REFERALL PROCESS
<ul style="list-style-type: none"> • The USOC employs 7 full-time sport psychologists who are assigned to specific sports • All are licensed or license-eligible psychologists • All can provide mental skills training as well as address mental health issues; can provide referrals as needed 		<ol style="list-style-type: none"> 1. Contact Sport High Performance Director for approval 2. After approval, contact the Sport Psychologist assigned to athlete’s sport
ATHLETE ELIGIBILITY	ATHLETE COSTS	
Athlete or team must be designated as eligible for USOC Sport Performance Services by Sport High Performance Director and USOC High Performance Director	No direct cost to athlete or teams; costs covered by USOC and NGB	

SAFESPORT		
CONTACT	DIVISION	# ATHLETES SERVED ANNUALLY
SafeSport Helpline: 800-200-0796 Report suspected misconduct: 720-531-0340	U.S. Center for SafeSport	TBD
OVERVIEW		REFERALL PROCESS
<p>The United States Center for SafeSport offers a 24-hour victim services helpline, operated by the Rape, Abuse and Incest National Network (RAINN), the nation’s largest anti-sexual violence organization. The SafeSport Helpline provides crisis intervention, referrals and emotional support specifically designed for athletes, staff and other sport participants affected by sexual assault. Through this anonymous and secure service, highly trained specialists provide live, confidential, one-on-one support by phone or online chat. A mobile application is also available for iOS and Android users.</p>		<p>None – open to all athletes</p> <p>Phone: 866-200-0796 Online Chat: https://hotline.rainn.org/safesport Website: safesporthelpline.org</p> <p>To report suspected misconduct: Phone: 720-531-0340 Online: https://www.safesport.org/report-a-concern</p>
ATHLETE ELIGIBILITY	ATHLETE COSTS	
Open to all athletes	No charge	

Eahi Program Blue Cross Blue Shield		
CONTACT	USOC DIVISION	# ATHLETES SERVED ANNUALLY
Viola Cruz eahi@usoc.org	Human Resources/Eahi	~900
OVERVIEW		REFERALL PROCESS
<p>Inpatient and outpatient mental or behavioral health benefits available throughout the year. Services could include substance abuse, eating disorders or alcohol abuse treatment. To keep costs down, athlete should seek services from Blue Cross Blue Shield (BCBS) contracted providers (in-network providers).</p>		<ul style="list-style-type: none"> To locate in-network providers, call 1-800-810-BLUE or go to www.bcbs.com. To seek pre-authorization for inpatient stay, call 1-800-909-6120.
ATHLETE ELIGIBILITY		
Must be enrolled in Eahi		
ATHLETE COSTS		
OUTPATIENT SERVICES*		
<p>In-Network: \$0 deductible, \$15 copay, and 10% coinsurance. No limit on visits. Copay and coinsurance amounts applied towards \$1,500 individual out-of-pocket max.</p> <p>Out-of-Network: \$1,000 deductible and 30% coinsurance plus any amounts over BCBS' allowed amounts. No limit on visits. Deductible, copay and coinsurance amounts applied towards \$3,000 individual out-of-pocket max.</p> <p>*Pre-authorization is not required for outpatient services.</p>		
INPATIENT SERVICES**		
<p>In-Network: \$0 deductible, \$250 copay, and 10% coinsurance. Copay and coinsurance amounts applied towards \$1,500 individual out-of-pocket maximum. Inpatient stay is based on medical necessity.</p> <p>Out-of-Network: \$1,000 deductible and 30% coinsurance plus any amounts over BCBS' allowed amounts. Deductible, copay, and coinsurance amounts applied towards \$3,000 individual out-of-pocket maximum. Inpatient stay is based on medical necessity.</p> <p>**Pre-authorization is required for inpatient services. Athlete or provider/facility must call BCBS at 1-800-909-6120 prior to admittance into a facility. No payment will be made for inpatient services received without prior authorization.</p>		

COMP SYCH		
CONTACT	USOC DIVISION	# ATHLETES SERVED ANNUALLY
ComPsych Guidance Resources	Human Resources/Eahi	~900 and their dependents
OVERVIEW		REFERALL PROCESS
<p>Confidential counseling available 24/7/365 days a year.</p> <ul style="list-style-type: none"> Unlimited phone counseling with a licensed professional. Request in-person counseling with a licensed professional in the area. <p>Please note, counselors may not be sport specific experienced.</p>		<p>Call ComPsych at 1-800-428-2716</p> <p>www.guidanceresources.com</p> <p>Web ID: USOCEAP</p>
ATHLETE ELIGIBILITY	ATHLETE COSTS	
Must be enrolled in Eahi	<ul style="list-style-type: none"> Unlimited counseling via phone at no cost. Six in-person counseling sessions at no cost. 	