

My Health My Resources of Tarrant County

Employee Benefits Summary

Effective - Sept. 2024-Aug. 2025



MHMR Benefits Summary - 2024-2025

My Health My Resources of Tarrant County (MHMR) has played an important role in Tarrant and surrounding counties for more almost 60+ years. Our goal is to change lives by addressing unique health care needs, such as substance use disorders, mental illness, intellectual and developmental disabilities, and developmental delays in children. MHMR is an equal opportunity employer that provides a quality work environment. MHMR recognizes the importance of having a work force that enjoys where they work and have a sense of belonging. Our mission is to help change lives of the people we serve along with our culture of caring. As an MHMR eligible full-time employee, there are a variety of competitive benefits eligible for enrollment as well as added perks for a balanced work life.

Medical Coverage:

We offer three health plan options, including:

- Coverage for services received from inside and outside Cigna network providers
- Coverage on the first of the month following last hire date.
- Specific job titles (contact Benefits Office in HR) are offered coverage immediately

Medical Plan Spotlight Features*:

- Infertility treatment after 2 years of current employment: \$10,000 per plan participant per lifetime
- Bariatric Surgery after 2 years of current employment
- Hearing Aids with no deductible up to \$4,000 per ear (in-network only)
- Additional medical billing support for non-selected providers
- Colonoscopy 100% each plan year as preventative.
- Preventative immunizations are covered at 100%
- HSA plan offers 100% match based on employee's contribution up to a specific limit.
- Costs associated with labs provided within the doctor's office are covered by co-pay

*Review the plan document for specific coverage, effective dates, limits, and eligibility requirements. If the statement of this communication does not agree with the provisions of the plan document, then the plan document will apply. Additionally, services provided, and procedures billed will determine costs.



Additional Benefit:
Teladoc is free for those on the medical plan, 24-hour online or phone service provided by a doctor

Medical Rates * Rates are semi-monthly.

Medical Insurance Rates through 8/31/2025 (FTE .75 – 30+ hours)

Employee Pays / Per Check** (24 pay periods)	HRA PPO Plan (\$1,500 plan year individual deductible)	HDHP - HSA Plan (\$1,600 plan year Employee Only Deductible)	Basic (Standard) PPO Plan (\$1,750 plan year individual deductible)
Employee Only	\$19.00	\$35.00	\$38.00
Emp + Spouse	\$112.00	\$135.00	\$150.00
Emp + Child(ren)	\$47.00	\$71.50	\$80.00
Emp + Family	\$174.50	\$189.50	\$210.50

*Rounding may occur - Spouse**Not eligible if offered medical insurance through their group employer; restrictions apply.

When audits are conducted, any errors found will be corrected and retroactively reinstated or charged on any of the benefit plans. You can also view your current benefits on the UKG Self Service portal. If any benefits differ, please contact Benefits immediately at Benefits@mhmrtc.org. Note all rates noted in this guide may be slightly off due to rounding in systems.



Dental and Vision Plans:

Two dental options are offered:

1. a cost-saving managed care DHMO plan
 2. a buy-up PPO plan to choose your own dentist
- There is one vision plan option.

Dental and Vision Insurance Rates through 8/31/2025

Employee Pays/Semi-Monthly	Dental HMO	PPO Dental	Vision
Employee Only	\$2.78	\$17.34	\$2.76
Employee + Children*	\$9.08	\$44.61	\$5.58
Employee + Spouse*	\$5.92	\$38.05	\$5.34
Employee + Family*	\$11.06	\$50.87	\$8.81

*Must complete dependent verification of dependents by uploading required documents.

Talkspace

MHMR is an advocate for mental health and well-being and through Talkspace offers convenient, personal, and professional mental health support for you.

- Talkspace is a digital space for counseling, therapy, and medication services from licensed providers. Message (text, voice, video) your personal therapist -- anytime, anywhere -- or schedule a video appointment with a prescriber. Talkspace is confidential and secure.
- There is no-cost access to Talkspace online therapy and psychiatry. There are no taxes or fees; it is a free benefit that MHMR of Tarrant County is providing all active employees and their dependents.



Employee Assistance Program

Employees and their families are provided an Employee Assistance Program (EAP) free of charge for in network counseling through ComPsych and other services like parenting, childcare, legal, work/life balance and much more.



Life and Disability Insurance

Employee term life insurance, accidental death and dismemberment insurance, spouse and dependent life insurance, and employee disability plans are also a tremendous plus to the benefit program.

- Free Life/Accidental death and dismemberment (AD&D). You also may buy additional life insurance for yourself, spouse, or child(ren).
- Free Long-term disability
- Short-term disability is voluntary and paid by employees.
- Accident, Critical and Hospital Indemnity compliment major medical coverage by helping employees pay the direct or indirect costs associated with a critical illness or events, for example: heart attack, stroke, major organ transplant, permanent paralysis, kidney failure and coronary artery bypass surgery. Restrictions apply.



Retirement

The retirement program (401a) is a voluntary program enrollment (irrevocable election) during the one-year waiting period of employment to participate. It offers a generous agency contribution of 8 percent with a 5 percent required employee contribution, which is currently the best in the DFW area (160% match). New Hire employees MUST enroll before their 12 month anniversary deadline.



A deferred compensation plan (457) is also offered for part-time and full-time employees. The 457 Plan is not matched.



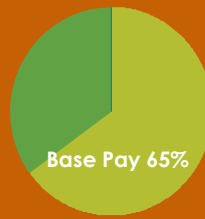
OTHER BENEFITS

- Paid Time Off – Floating Holiday – Bereavement time
- Employee Discounts – including Care.com premium plan
- Discounted Programs to many services
- Mileage Reimbursement
- Eligible Employer for Student Loan Forgiveness Programs

Competitive Pay

MHMR offers the maximum compensation for candidates based on their experience and education.

Benefits
35%*



Total Compensation

Pay is only a portion of your compensation at MHMR.

Benefits make up approx.

35%* of an employee's total compensation.

*Depends on benefits selected



For more information about
My Health My Resources of Tarrant County (MHMR),
visit www.MHMRtarrant.org
For more information about current openings with
MHMR, scan the QR code below or visit
www.MHMRjobs.com

