

# Choices for behavioral health care

When times are uncertain, and you're struggling with life challenges and need support, you have choices through your Blue Cross Blue Shield of Michigan or Blue Care Network health care plan.

To get started, talk with your primary care doctor about your behavioral health choices and visit [bcbsm.com/mentalhealth](http://bcbsm.com/mentalhealth) for additional information. You can also use the **private and confidential** resources below.

If you're thinking of hurting yourself, help is available now. Call 911 or the National Suicide Prevention Lifeline at 1-800-273-8255.

EMPLOYEE ASSISTANCE PROGRAM*	MYSTRENGTH BY LIVONGO®	BLUE CROSS ONLINE VISITS <sup>SM</sup>	BLUE CROSS BEHAVIORAL HEALTH PROVIDER
<p style="text-align: center;"><b>\$0</b></p> <p><b>What is it?</b> Your employer provides this EAP that offers help and support for many of life's changes and difficult situations.</p> <p>Available to EAP enrollees and members on your health plan.</p>	<p style="text-align: center;"><b>\$0</b></p> <p><b>What is it?</b> A personalized, digital program that helps with stress, sleep, anxiety, depression, and more.</p> <p>Available to members on your health plan ages 13 and older.</p>	<p style="text-align: center;"><b>\$**</b></p> <p><b>What is it?</b> Online care with licensed therapists and U.S. board-certified psychiatrists that's available from your smartphone, tablet or computer.</p> <p>Therapy visits available for ages 10 and older. Psychiatry visits available for ages 18 and older.</p>	<p style="text-align: center;"><b>\$**</b></p> <p><b>What is it?</b> Meet with a licensed therapist or psychiatrists near you. Most providers offer virtual therapy (one on one or group) and visits by phone.</p> <p>Available to all members on your health plan.</p>
<p><b>How does it help?</b> EAP programs vary depending on employer, but most offer free short-term counseling, education and support resources for stress, grief and relationship struggles.</p>	<p><b>How does it help?</b> Use myStrength online tools and modules to assist with behavioral health wellness and everyday life stressors such as:</p> <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Trauma</li> <li>• Pregnancy and early parenting</li> </ul>	<p><b>How does it help?</b> Discuss and unpack anxiety, stress and other life challenges with a therapist or psychiatrist from the comfort of home or on the go.</p>	<p><b>How does it help?</b> Work through mental health or substance use challenges virtually or face to face.</p>
<p><b>How do I access care?</b> Your EAP group name is</p> <p style="text-align: center;">Reach your EAP at</p> <p style="text-align: center;">or</p> <p style="text-align: center;">***</p> <p>Your EAP web ID is</p> <p>Your company code is</p>	<p><b>How do I access care?</b> Getting started is easy.</p> <p>Visit <a href="http://strength.livongo.com/">strength.livongo.com/</a> <b>BLUECROSSMI-START/register***</b> and use registration code:</p>	<p><b>How do I access care?</b> To sign up, download the BCBSM Online Visits<sup>SM</sup> app, visit <a href="http://bcbsmonlinevisits.com">bcbsmonlinevisits.com</a> or call 1-844-606-1608.</p> <p>Visits are by appointment only and can be scheduled in advance with the same therapist.</p>	<p><b>How do I access care?</b> <b>Ask your Blue Cross provider.</b></p> <p>If you need to find a behavioral health provider:</p> <ol style="list-style-type: none"> <li>1. Log in to your Blue Cross member account at <a href="http://bcbsm.com">bcbsm.com</a>.</li> <li>2. Click on <i>Doctors &amp; Hospitals</i>.</li> <li>3. Scroll down, then click on <i>Find a specialist</i>.</li> <li>4. Search by specialty or service type.</li> </ol> <p><b>Behavioral Health Access Line</b> HMO Members: 1-800-482-5982 PPO Members: 1-800-762-2382</p>

For additional information, call the Behavioral Health, Substance Use, or Customer Service number on the back of your member ID card.

Learn more at [bcbsm.com/mentalhealth](http://bcbsm.com/mentalhealth).



\* Your Employee Assistance Program is an independent company that provides services for your group.

\*\* Subject to your health care plan's cost sharing.

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