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May 6, 2020

Blue Cross offering myStrength well-being tool at no cost to help members



NEWS

What you need to know

Blue Cross Blue Shield of Michigan continues to offer solutions for people who are experiencing the physical and mental effects of the COVID-19 pandemic. Starting immediately and going until Dec. 31, 2020, our members will have no-cost access to the COVID-19 module for myStrength, an online well-being tool.

For many people, the coronavirus is causing people anxiety and the need for support and help. The myStrength COVID-19 module offers members stress management strategies, emotional support tools and even parenting tips for challenging times. Other features of the module include:

- Coping skills during COVID-19
- Mental well-being and resilience in difficult times
- Keeping your relationships strong
- Staying connected while social distancing
- Simple ways to practice mindfulness

Action item

Please share this information with your clients.

The entire myStrength well-being tool will be available to our customers in 2021, but given the current circumstances, we worked with our vendor to offer the COVID-19 module for all members across all lines of business at no cost. The COVID-19 module is available for member use until Dec. 31, 2020.

Getting started is easy, members just need to:

- Go to bh.mystrength.com/bcbsmcvd19.
- Create a free account through myStrength.
- Choose from more than a dozen activities designed to help manage stress.

We also have several behavioral health hotlines if members are feeling anxious or need support. These are also available at no charge:

- COVID-19 Crisis Hotline: **1-833-848-1764**
- Blue Cross Blue Shield of Michigan PPO: **1-800-762-2382**
- Blue Care Network HMO: **1-800-482-5982**
- Medicare Plus BlueSM PPO: **1-888-803-4960**
- BCN AdvantageSM HMO and HMO-POS: **1-800-431-1059**

For more information about COVID-19, go to bcbsm.com/coronavirus.

Questions? Contact your Blue Cross sales representative or managing agent.