

# Behavioral health care options

Your health plan gives you access to a variety of care options and resources to treat mental health and substance use disorder conditions. Options include virtual care, in-person treatment, free resources and more.

## VIRTUAL CARE

Options	Description	What to use it for	How to access
Virtual visit	Care from a behavioral health specialist (including psychiatrists, psychologists, professional counselors and social workers) by phone or video.	Mental health and substance use concerns	To locate a behavioral health specialist, log in to your member account at <a href="https://bcbsm.com">bcbsm.com</a> , click the <i>Doctors &amp; Hospitals</i> tab and select <i>Find a Doctor</i> .
Blue Cross Online Visits <sup>SM</sup>	Care with a behavioral health specialist from your smartphone, tablet or computer.	Mental health and substance use concerns	Register at <a href="https://bcbsmonlinevisits.com">bcbsmonlinevisits.com</a> . Not available for all members; check with your employer to verify benefits.
AbleTo	An eight-week cognitive behavioral therapy program for members 18 and older.	Anxiety and depression	To schedule an appointment with an AbleTo therapist, go to <a href="https://ableto.com/bcbsm">ableto.com/bcbsm</a> .*

## ONLINE RESOURCES

Options	Description	What to use it for	How to access
Blue Cross Blue Shield of Michigan behavioral health website	A comprehensive resource for mental health and substance use disorder information and support.	Mental health and substance use concerns	Visit <a href="https://bcbsm.com/mentalhealth">bcbsm.com/mentalhealth</a> .
myStrength by Livongo <sup>®</sup>	This free, self-directed digital resiliency tool provides strategies to deal more effectively with mental health concerns and daily life stressors.	Mental health and substance use concerns	Not available to all members. Check with your employer to verify benefits and to learn how to access the site.
Shatterproof <sup>™</sup> Just Five	This online, self-paced, mobile-enabled program focuses on increasing awareness, reducing stigma surrounding substance use disorder and sharing information about addiction prevention and substance use disorder treatment.	Substance use concerns	Visit <a href="https://justfive.org/bcbsm">justfive.org/bcbsm</a> .*
Blue Cross Health & Well-Being <sup>SM</sup> online resources, powered by WebMD <sup>®</sup>	Free online tools and resources to help you improve and maintain your health and well-being.	Health and well-being support	Log in to your member account at <a href="https://bcbsm.com">bcbsm.com</a> or our mobile app and select <i>WebMD</i> under <i>Health &amp; Well-Being</i> . You'll need to register if it's your first time.
Blue Cross Virtual Well-Being <sup>SM</sup>	This free program offers weekly well-being webinars and meditation sessions to support your overall well-being.	Overall well-being support	Visit <a href="https://bluecrossvirtualwellbeing.com">bluecrossvirtualwellbeing.com</a> and click <i>Webinars for Members</i> .
MI Blues Perspectives and A Healthier Michigan	Blogs that offers a wealth of information about dealing with stress and anxiety, substance use and other behavioral health conditions.	Mental health and substance use concerns	Visit <a href="https://mibluesperspectives.com">mibluesperspectives.com</a> and <a href="https://ahealthiermichigan.org">ahealthiermichigan.org</a> .

## IN-PERSON CARE

Options	Description	What to use it for	How to access
<b>Your primary care provider</b>	The “first stop” on your journey to health and wellness. And a good resource for learning how to deal with mental health and substance use concerns, providing treatment or referring you to a behavioral health specialist.	Medical issues and mental health or substance use concerns	If you don't already have a primary care provider, you can find one in your area by logging in to your member account at <a href="http://bcbsm.com">bcbsm.com</a> , clicking on the <i>Doctors &amp; Hospitals</i> tab and selecting <i>Find a Doctor</i> .
<b>Behavioral health specialist</b>	One-on-one sessions with a psychiatrist, psychologist, social worker or professional counselor. Some offer virtual visits.	Mental health and substance use concerns	Find an in-network behavioral health specialist by logging in to your member account at <a href="http://bcbsm.com">bcbsm.com</a> , clicking the <i>Doctors &amp; Hospitals</i> tab and selecting <i>Find a Doctor</i> .
<b>Blue Distinction® Specialty Care for Substance Use Treatment and Recovery</b>	Blue Distinction Centers are recognized for their expertise in delivering high-quality care in 11 areas of specialty care, including substance use treatment.	Substance use concerns	To find a Substance Use Treatment and Recovery provider that's been designated as a Blue Distinction Center, visit <a href="http://bcbs.com/blue-distinction-center/facility">bcbs.com/blue-distinction-center/facility</a> .*

## ANOTHER GOOD RESOURCE

Options	Description	What to use it for	How to access
<b>Employee Assistance Program</b>	These programs typically provide resources for dealing with stress, grief and relationship problems.	Mental health and substance use concerns	Find out if your employer offers a no-cost, confidential employee assistance program.

\*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control this website.



### In a crisis situation ...

- Call the number on the back of your member ID card for help in a mental health or substance use crisis.
- If there is an immediate crisis, call the Suicide and Crisis Lifeline at 988 or 1-800-273-8255.

AbleTo is an independent company contracted by Blue Cross Blue Shield of Michigan to provide behavioral health services for BCBSM and BCN members.

Livongo Health Inc. is an independent company contracted by Blue Cross Blue Shield of Michigan to provide behavioral health services to BCBSM and BCN members.

Shatterproof is an independent company that supports Blue Cross Blue Shield of Michigan by providing substance use disorder education and support to BCBSM and BCN members through the Just Five program.

WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan by providing health and well-being resources to its members.



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