



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 in-person treatment, virtual care, online resources and more.

IN-PERSON CARE			
Options	Description	What to use it for	How to access
Your primary care provider	A health care professional responsible for coordinating your care, and a good resource for guidance or referral 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 bcbsm.com or our mobile app and selecting <i>Find Care</i> .
Behavioral health specialist	One-on-one sessions with a psychiatrist, psychologist, social worker or professional counselor.	Mental health and substance use concerns	Find an in-network behavioral health specialist by logging in to your member account at bcbsm.com or our mobile app and selecting <i>Find Care</i> . Many providers offer virtual visits as noted in the <i>Virtual Care</i> section below.
Blue Distinction® Specialty Care for Substance Use Treatment and Recovery	A national program recognized for 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 bcbs.com/blue-distinction-center/facility .*

VIRTUAL CARE			
Options	Description	What to use it for	How to access
Behavioral health specialist	Virtual care by phone or video with a psychiatrist, psychologist, professional counselor or social worker.	Mental health and substance use concerns	Find an in-network behavioral health specialist by logging in to your member account at bcbsm.com or our mobile app and selecting <i>Find Care</i> .
Virtual Care	Virtual visits from a smartphone, tablet or computer which includes: <ul style="list-style-type: none"> Care with a licensed therapist to treat conditions like depression, anxiety, learning difficulties and behavioral problems. Available for members 13 and older. Care with a board-certified psychiatrist to diagnose, treat, and provide therapies for complex and serious mental health conditions. Available for members 18 and older. 	Mental health	Visit bcbsm.com/virtualcare to download the Teladoc Health app. Not available for all members; check with your employer to verify benefits.

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 bcbsm.com/mentalhealth .
Behavioral Health Support Page	Central location to easily find behavioral health resources available to you.	Mental health and substance use disorder resources	Log in to your member account at bcbsm.com or our mobile app, select <i>Find Care</i> and then select <i>Behavioral Health Support</i> .
Blue Cross Well-Being SM	Free online tools and resources, including a health assessment, tobacco cessation support, fitness activity tracking and more, all designed to support your journey towards optimal well-being and overall health. We work with Personify Health TM to offer you an enhanced well-being experience.	Well-being support	Log in to your member account at bcbsm.com or our mobile app. From bcbsm.com , click the <i>Programs & Services</i> tab. Then select <i>Blue Cross Well-Being</i> under <i>Quick Links</i> . From the app, select <i>Programs & Services</i> . Then select <i>Health Care & Well-Being</i> . Scroll down to <i>Blue Cross Well-Being</i> . You'll need to register if it's your first time.
Calm Health	This free, self-care and mindfulness app is designed to support your mental and physical well-being. 24/7 access to personalized plans and a full range of on-demand tools based on your goals, interests and health needs. Available to members 13 and older.	Mental health and overall well-being support	Visit https://calmhealth.onelink.me/cfkt/bcbsmi to download the app*.
Blue Cross Virtual Well-Being SM	This free program offers weekly well-being webinars and meditation sessions to support your overall well-being.	Overall well-being support	Visit bluecrossvirtualwellbeing.com and click on <i>Member Webinars and Meditations</i> .
MiBlueDaily and A Healthier Michigan	Blogs that offer a wealth of information about dealing with stress and anxiety, substance use and other behavioral health conditions.	Mental health and substance use concerns	Visit mibluedaily.com and ahealthiermichigan.org .

ANOTHER GOOD RESOURCE

Options	Description	What to use it for	How to access
Employee Assistance Program, or EAP	Confidential, no-cost, employer-sponsored programs that offer resources and support for managing stress, grief and relationship challenges.	Support for work, life and well-being concerns	Contact your employer to discuss available options.

*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.
- Scan the QR code or visit bcbsm.com/crisiscare to find Michigan crisis services near you.
- If there is an immediate crisis, call or text the Suicide & Crisis Lifeline at 988.

Teladoc Health[®] is an independent company contracted by Blue Cross Blue Shield of Michigan to provide behavioral health virtual care services to BCBSM and BCN members. Personify Health is an independent company supporting Blue Cross Blue Shield of Michigan by providing health and well-being resources to its members.



Calm and Calm Health should not be used for urgent care needs. If you are experiencing a medical emergency, call 911 or go to the nearest emergency room. If you are experiencing a non-life threatening mental health crisis, call or text 988. Calm and Calm Health are not intended to diagnose or treat depression, anxiety or any other mental or physical health condition. The use of Calm or Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care or treatment of a health condition should be directed to your physician or health care provider. Calm and Calm Health are mental wellness products. Participation is voluntary and subject to the Calm and Calm Health terms of use.

Calm is an independent company supporting Blue Cross Blue Shield of Michigan and Blue Care Network by providing access to mental health support resources.

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