

Behavioral Health

Behavioral Health Resources

Your Highmark coverage includes affordable in-person and virtual behavioral health resources, so it's easy to get the care you need.

To find care, you can:

- Use the Find a Doctor search tool on your member website at highmarkbcbs.com
- Download the Highmark app from your app store.
- Call the Member Service team at the number on the back of your Highmark member ID card.



There are several options when it comes to getting the care you need.

- Find a trusted primary care provider (PCP). Your PCP can offer behavioral health support or refer you to a specialist.
- Call Member Service at the number on the back of your ID card and ask to speak with a Highmark behavioral health specialist or schedule a visit with an in-network mental health provider.
- Schedule care through Highmark's Mental Well-Being program powered by Spring Health, available through your member website. Care is available for ages 6 and up.
- Talk to a specially trained Blues On CallSM registered nurse, any time, by calling **888-BLUE-428** (1-888-258-3428).
- Talk to a Highmark wellness coach to get help managing stress or improving your sleep by calling **800-650-8442**, Monday – Friday.

Behavioral Health Resources cont.

Community Resources

Highmark Community Support

Search for local food pantries, housing and financial assistance, transportation, personal safety, and more.

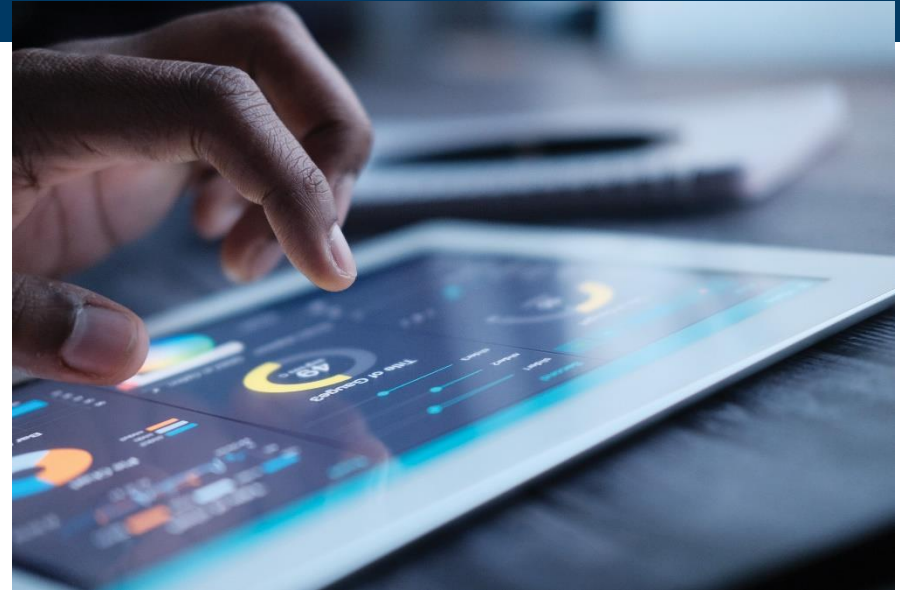
To access these resources, visit highmark.findhelp.com and click on **Health**, then **Mental Health Resources**.

For additional support, visit highmarkbcbs.com to access:

MyHighmark— A digital health hub that offers personalized health programs and resources.

Blue365SM — A program that offers health and wellness discounts to help you stay healthy and active.

WholeHealth Living[®] — For discounts through the largest alternative medicine network in the nation.



Take note of these important hotlines:

Suicide Prevention Lifeline — In crisis? Call the Suicide Prevention Lifeline at **1-800-273-TALK** (8255), or 911.

Or chat online by visiting suicidepreventionlifeline.org/chat or texting **HOME** to **741741**.

National Domestic Violence Hotline — If you're experiencing domestic violence, call the National Domestic Violence Hotline at **800-799-7233** or **800-787-3224** (TTY).

Behavioral Health Resources

Specialized behavioral health resources

You can access these virtual resources using your mobile device or computer — from home or wherever you are.



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- < **Well360** offers virtual therapy and medication services for adults and therapy services for children 10-17 with a focus on depression and anxiety.
412-DOCTORS | well360virtualhealth.com >
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- < **NOCD** offers treatment for obsessive compulsive disorders for members 5+.
312-766-6780 | treatmyocd.com >
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- < **MERU** offers 12-week treatment with a focus on anxiety and depression for members 18+.
meruhealth.com/highmark >
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- < **Freespira** offers medication-free medical device to treat panic disorder and PTSD for members 18+.
get.freespira.com/start-today-lpg/ >
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- < **Charlie Health** offers intensive outpatient therapy for members 11-33
866-491-5196 | admissions@charliehealth.com >
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- < **Joon Care** offers virtual therapy with licensed therapists, digital content and family support for members 13-24.
412-219-9290 | joon.com/highmark >
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- < **RIA** offers treatment of alcohol use disorder with medication assisted treatment for members 18+
866-260-5635 | riahealth.com/highmark >
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Substance Use Resources

Specialized substance use resources

You can access these virtual resources using your mobile device or computer — from home or wherever you are.



< **Wayspring** offers a peer-centered approach to treating substance use disorders for members 18 and older. **412-214-8325 | wayspring.com/for-members | accessrecovery@axialhealthcare.com** >

< **Ria Health** offers treatment for alcohol use disorders for members 18 and older. **866-260-5635 | riahealth.com** >

Maternity Health Care

With Highmark, you get access to numerous facilities and programs designed around comprehensive women's care, personal attention, and a family-centered approach, including:

- Alexis Joy D'Achille Center for Perinatal Mental Health
- Baby BluePrints®
- OB-GYNs specializing in fertility, high-risk pregnancy, and maternal fetal medicine
- Behavioral health specialists



Mental Health Care - Anytime, anywhere

Personalized, expanded access to quality care with shorter wait times



Eligible members have access to:

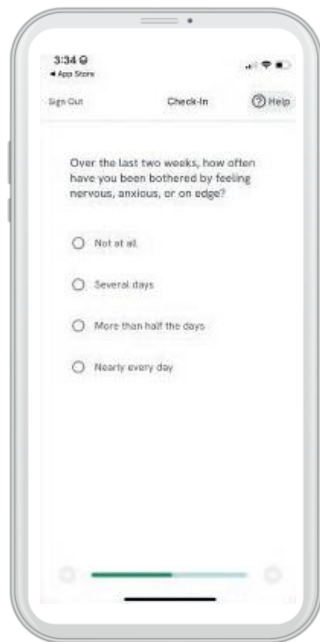
- Digital content and cognitive behavioral therapy
- Care navigation
- Coaching
- Expanded access for therapy and medication management
- Support for children 6+ and caregivers
- Personalized provider matching; on-demand scheduling based on member preference



Mental Health Care - Anytime, anywhere

Start your assessment for your personalized plan

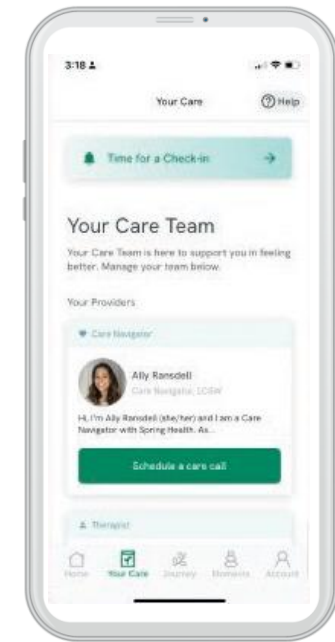
To get started log in to your member app or website and click on the Get Care tab



✔ Comprehensive digital screening



✔ Personalized care plan



✔ Dedicated care navigator

Mindfulness and meditation
Digital CBT
Coaching

Community groups
Therapy (in person / virtual)
Medication management

Care advocacy integration
Specialized care
(ex: Substance use disorder)
24/7 crisis line