



## Nurture Your Mental Health

We're all familiar with what we should do to improve our physical health. We know that it's important to exercise, eat right and get enough sleep to keep our bodies healthy. But did you know that your mental health is just as critical for your overall well-being?

Just as you take steps to protect your physical health, you can also make an effort to safeguard your mental health. Learning to recognize the warning signs is an important first step. Millions of Americans are dealing with mental health issues. It's OK to seek help.

### Mental health

According to the Centers for Disease Control and Prevention, mental health can affect how we feel, the choices we make, and how we relate to friends and family. It affects our physical health, too. Mental health problems can put us at greater risk for heart disease, Type 2 diabetes and stroke.

### Overcoming the stigma

People are sometimes embarrassed to seek help for their mental health. Luckily, that stigma is fading as more people realize the importance of mental health.

If you are facing a mental health issue, don't be afraid to reach out for help. The first step is to notice the signs of a potential concern. Here are just a few common symptoms from the U.S. Department of Health and Human Services:

- Extreme worry or feelings of fear
- Lack of interest in usual activities
- Confusion, forgetfulness or difficulty focusing
- Mood swings
- Feelings of anger
- Changes in eating or sleeping patterns, energy levels or social habits

### Suicide prevention

Thoughts of suicide often come along with mental health issues. Sadly, suicide is all too common in the United States. If you or someone you know is having thoughts of suicide, take it seriously and respond quickly. Call the 988 Suicide & Crisis Helpline by dialing 988, 24 hours a day, seven days a week.

### Reach out for help

There is no one-size-fits-all mental health treatment, but help is available! Talk to your doctor about next steps. Here are some other helpful resources:

- National Alliance on Mental Illness Helpline: 800-950-NAMI (6264) or, in a crisis, text "NAMI" to 988 or chat at [www.988Lifeline.org](http://www.988Lifeline.org).
- Substance Abuse and Mental Health Services Administration Treatment Referral Helpline: 877-726-4727. In a crisis, call or text 988.

*The Centers for Disease Control and Prevention, the U.S. Department of Health and Human Services, the National Alliance on Mental Illness, and the Substance Abuse and Mental Health Services Administration are independent organizations that offer health information you may find helpful.*



Continued



### BlueChoice HealthPlan member resources

There are numerous mental health resources available to you over the phone or online. No matter where you are in life, we've got you covered!

Blue CareOnDemand<sup>SM</sup> Powered by MDLIVE<sup>®</sup>

You can avoid long waits and high costs by using Blue CareOnDemand. In an online visit, you can connect one-on-one with a therapist or psychiatrist to talk about issues such as anxiety and depression.

To learn more:

1. Log in to My Health Toolkit<sup>®</sup>.
2. Select the **Providers & Services** tab.
3. Select **Blue CareOnDemand**.

*MDLIVE is an independent company that provides a telehealth platform on behalf of BlueChoice. Blue CareOnDemand is not a replacement for your primary care doctor. You should continue scheduling office visits for regular checkups and preventive care. For true emergencies and life-threatening issues, go to the emergency room or call 911. The cost of Blue CareOnDemand visits varies by visit type and provider selected and is subject to plan benefits. Copyright © 2024 MDLIVE Inc. MDLIVE and the MDLIVE logo are registered trademarks of MDLIVE Inc.*

### Great Expectations<sup>®</sup> for health

You have access to Great Expectations *for health* programs that can help with behavioral health. Whether visiting with a care manager by phone or using a digital, self-service option, you can enroll in these behavioral health programs:

- Adult attention-deficit hyperactivity disorder (ADHD)
- Anxiety management
- Bipolar disorder
- Depression
- Recovery support for substance use disorder
- Stress management

To learn more and download resources:

1. Log in to My Health Toolkit.
2. Select the **Wellness & Care Management** tab.
3. Select **Wellness Programs**.
4. Select **Health Coaching**.

To enroll, call us at 855-838-5897.

### First Sun EAP

First Sun EAP provides a broad array of services that can help you be your best self. You and your family members can access sessions for individual, couples and family counseling. These sessions address the following issues:

**Continued**





- Personal concerns
- Grief and loss
- Trauma issues
- Anger management
- Marital/relationship issues
- Family conflict
- Stress management
- Spiritual concerns
- Alcohol/substance use
- Workplace concerns
- Depression
- Anxiety

Dedicated professionals are available to serve you. Call 800-968-8143. For more detailed information about your benefits — plus helpful articles, assessments, webinars, videos, etc. — visit [www.FirstSunEAP.com](http://www.FirstSunEAP.com).

*The employee assistance program is offered by First Sun. Because First Sun is a separate company from BlueChoice, First Sun will be responsible for all services related to this program.*

#### My Health Novel<sup>SM</sup>

My Health Novel matches members with free, on-demand resources and tools based on their unique health needs. The [behavioral health program](#) partners offer support for a wide variety of mental care to fit the needs of each member.

To see if you qualify, you should:

1. Log in to My Health Toolkit.
2. Select the **Wellness & Care Management** tab.
3. Select **Wellness Programs**.
4. Select **My Health Novel**.
5. Take a quick, one-minute quiz.

After taking the brief health quiz, you will be matched to the program that is best for you.

In addition, check out [these available resources](#) that are offered by Companion Benefit Alternatives (CBA). CBA is a separate company that assists in management of behavioral health and substance abuse benefits on behalf of BlueChoice.

