



# GET HELP ALONG THE WAY TO FEELING BETTER

One in 5 Americans will need mental health treatment in their lifetimes. Only half of them will receive care. Good mental health is vital to our overall health. When our mental health is poor, it can affect our entire body. It can also affect our job and relationships.

You don't have to go through it alone. Our plans make it easy for you to find support over the phone or online. No matter where you are in life, we've got you covered!



[www.BlueChoiceSC.com](http://www.BlueChoiceSC.com)



Powered by MDLIVE

As a BlueChoice® HealthPlan of South Carolina member, you can avoid long waits and high costs by using Blue CareOnDemand Powered by MDLIVE! In an online visit, you can see a licensed provider. This provider can send a prescription to your pharmacy if needed.

Blue CareOnDemand includes resources for behavioral health. Members can connect one-on-one with a therapist to talk about issues such as anxiety and depression.



To learn more, log in to My Health Toolkit®. Select the Providers & Services tab and then 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.

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Ready to get on track with your health, but not sure where to start? You don't have to figure it out on your own. Your health plan includes our free Great Expectations for health programs that can help.

Whether you prefer contacting a care manager by phone or using a digital, self-service option, we've got you covered with 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, log in to My Health Toolkit. Select the Wellness & Care Management tab. Then select Wellness Programs, and then Health Coaching. To enroll, call us at 855-838-5897.

First Sun EAP provides a broad array of services that can help you be your best self. You get three free sessions. You can attend sessions in person, over the phone or via messaging. You and your family members can access sessions for individual, couples and family counseling. These sessions address the following issues:



FIRST SUN EAP

- 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 matches members with free on-demand resources and tools based on their unique health needs. With it, you can access the behavioral health mobile app at no cost.



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, and then My Health Novel.
4. Take a quick, one-minute quiz.

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



# Companion

## BENEFIT ALTERNATIVES

Companion Benefit Alternatives (CBA) offers an array of innovative behavioral health programs. Because CBA is a separate company from BlueChoice, it will be responsible for all services related to these products.



### Health Coaching: Your Partner in Health

This confidential program empowers you to move toward your long-term health goals. During the program, you'll work one-on-one with a care manager to find ways to improve your health and well-being.

Your care manager can help you:

- Understand your benefits and treatment options.
- Make healthy lifestyle changes.
- Get access and referrals to community resources.

CBA offers health coaching for those with ADHD, anxiety, bipolar disorder, depression and substance use.



### Case Management: Helping You Get the Services You Need

When you're dealing with a difficult issue, you face some tough decisions. It can help to have your own personal case manager — a clinician with experience in behavioral health. CBA's case managers care about what you're going through and will make sure you get the answers and services you need.



### An Advocate Who's on Your Side

Your case manager does not take the place of your doctor or therapist. But sometimes, getting the right services takes planning and coordination. Your case manager can work with your health care providers to make sure you get the help you need and that your concerns are addressed. You don't have to go through these tough times alone. We're here to help.



### Virtual Providers: Get Support From the Comfort of Home

Not only does CBA give you access to traditional in-person care, but it also gives you the option to see virtual providers. Keep reading to learn about just a few of the providers who serve our members.



To learn more, you can contact Companion Benefit Alternatives at 800-868-1032.



### Manage Anxiety and Depression With Meru Health

Meru Health provides continuous support from a dedicated therapist who is available through scheduled face-to-face video sessions and unlimited in-app chat. This 12-week program offers guided lessons and daily practices to help you create long-lasting mental well-being.



Visit [www.MeruHealth.com/Sign-Up/CBA](http://www.MeruHealth.com/Sign-Up/CBA) to learn more.



### Manage Obsessive-Compulsive Disorder With NOCD

If you struggle with obsessive-compulsive disorder (OCD), you can access specialized treatment through NOCD. In the NOCD platform, you can work with a licensed therapist specialized in OCD through live video sessions, get support between sessions through in-app chat, access in-app therapeutic tools and join virtual support groups. You can book a free 15-minute call with a member of the NOCD team.



To learn more, visit [www.NOCD.com](http://www.NOCD.com).

Meru Health and NOCD are independent organizations that offer health information you may find helpful.



### Get Eating Disorder Treatment Through Within Health

Within uses evidence-based techniques and embraces intuitive and mindful eating, radical self-love and acceptance, trauma-informed healing, and family and group therapy to bring you remote treatment that works.

Within offers:

- Customized technology built specifically to treat eating disorders virtually.
- Individual and online support group therapies to facilitate faster healing.
- Flexible, personalized scheduling.



Visit [www.Wthn.Health/CBA](http://www.Wthn.Health/CBA) to learn more.



To learn more, go to [www.YouturnHealth.com](http://www.YouturnHealth.com).



### Find Help for Your Child or Teen Through Bend Health

Bend Health combines coaching, therapy and psychiatry with an evidence-based, skill-building care plan that empowers families to feel better today and thrive tomorrow. Bend offers:

- A personal care manager to guide you.
- Monthly online check-ins.
- Live video sessions and unlimited chat with your practitioners.
- Peer-to-peer support for parents and caregivers through the Bend community.
- Skill-building lessons and resources in our interactive learning center.



Visit [www.BendHealth.com](http://www.BendHealth.com) to learn more.

Youturn Health, Within and Bend are independent organizations that offer health information you may find helpful.



You can find a full list of the behavioral health providers who offer online services to our members in My Health Toolkit.

Follow these steps to access the list:

1. Log in to **My Health Toolkit**.
2. Select **Find Care** at the top of the screen next to **Messages**.
3. Select **Find an in-network provider** in the **Find a Doctor** pane.
4. Under the **Browse by Category** section, select **Behavioral Health**. A new window will appear.
5. Choose **Virtual First Providers**.

Contact your BlueChoice HealthPlan representative or call 800-753-0404. Monday - Friday, 8 a.m. - 5 p.m. for additional information.

Focus on life. Focus on health. *Stay focused.*



[www.BlueChoiceSC.com](http://www.BlueChoiceSC.com)