



MASSACHUSETTS

# TAKE ADVANTAGE OF OUR BEHAVIORAL HEALTH CARE RESOURCES



Behavioral health conditions can be difficult to identify and treat. That's why Blue Cross Blue Shield of Massachusetts offers behavioral health case management programs and behavioral health visits through Well Connection. These simple and effective resources are designed to help if you or a family member is struggling with a behavioral health condition.

## YOU CAN USE WELL CONNECTION FOR:

Depression  
Anxiety  
Sleep disorders

Child behavior  
Substance use disorders  
Trauma  
Bereavement

Couples therapy  
Stress  
Emotional impact of divorce

## Questions?

If you have any questions, call Member Service at the number on the front of your ID card.

## GET PERSONALIZED CARE WITH BEHAVIORAL HEALTH CASE MANAGEMENT

Management programs for behavioral health conditions are designed to support the care you receive from your doctor, and are available at no additional cost.

Our case managers work together with your doctor to ensure you get the care you need—and that it's cost effective.

### OUR CASE MANAGEMENT PROGRAMS INCLUDE:

#### **Continuity of Care Program**

After a discharge from a behavioral health inpatient facility, one of our case managers will reach out to make sure that you understand your aftercare plan instructions. Reviewing the plan together may reduce the risk of being readmitted to the hospital.

#### **Complex Behavioral Management Program**

This program provides ongoing support and helps manage chronic behavioral health conditions.

#### **Depression Case Management Program**

For those who have been diagnosed with depression, this program provides educational resources to help manage symptoms.

#### **Substance Use Disorder Program**

This program is designed for those who are recovering from a drug or alcohol use disorder. We work together with inpatient facilities in Massachusetts to help members maintain recovery, identify any barriers or gaps in care, provide education about the disease and treatment options, and offer support in following a treatment plan.



### HOW TO ENROLL

If you're identified—by us or by a doctor—as someone who may benefit from one of these programs, we'll reach out to you by mail or by phone. To find out if you're eligible for the behavioral health case management program, call **1-888-883-8970**, Monday through Thursday, 8:30 a.m. to 8:00 p.m. and Friday, 8:30 a.m. to 4:30 p.m. ET.

## USE WELL CONNECTION ANYTIME, ANYWHERE

Well Connection lets you see licensed doctors and providers using live video visits on your smartphone, tablet, or computer. You can schedule appointments and see behavioral health professionals anywhere in the United States, whether at home, at work, or on vacation. It's a simple, convenient way to get care.

## HOW IT WORKS



[Download the app, or visit wellconnection.com](#)



[Create an account or sign in](#)



[Select Behavioral Health](#)



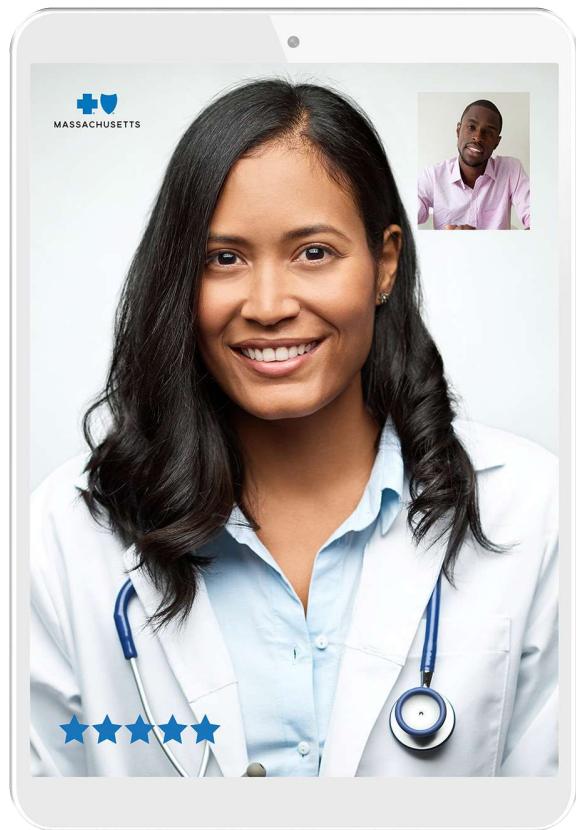
[Schedule an appointment](#)

Once you've set up an appointment, simply sign in to Well Connection before the scheduled time to start the visit.



[Highly experienced, highly rated](#)

Qualified practitioners. Rated 4.8/5 stars and averaging 15 years of experience.\*



## ADDITIONAL RESOURCES

Whether you need to find a therapist or just have questions about your health, take advantage of these additional resources.

### Find a Doctor

You can use our **Find a Doctor & Estimate Costs** tool to search for behavioral health professionals by name, specialty, or location. You can even search for providers who offer video visit services. Follow these simple steps:

1. Go to [bluecrossma.com/findadoctor](#) and sign in.
2. Select **Medical Care**, and then **Behavioral Health**.
3. Choose the type of care you want to search for.

### 24/7 Nurse Line

If you have questions about your health, you can talk to a professionally trained, registered nurse 24 hours a day, 7 days a week. The 24/7 Nurse Line is a quick way to get your questions answered and find out your options for getting care.

### ahealthyme®

You can visit **ahealthyme** for behavioral health articles, risk assessments, and support. Read about the latest behavioral health news or get information on common conditions by going to [ahealthyme.com](#), and then selecting **Behavioral Health** in the drop-down menu under **Health Centers**.