



health net™

UC Post Doctoral Scholars Behavioral Health Benefits 2023

Health Net & Managed Health Network (MHN)

- MHN provides behavioral health benefits to Health Net members
- These benefits are included as part of medical benefits
- For outpatient office visits (i.e. therapy or medication management) **no referral or authorization is needed**
- For certain other services, prior authorization is required which differs by plan type (HMO or PPO)

Post Doc HMO Benefits at-a-glance

Service	Referral/Authorization Needed?	Co-Pay
Outpatient Therapy (in person or via telehealth) i.e. individual therapy, medication management	NO	\$10
Higher Levels of Care - inpatient psychiatric, residential treatment, in-patient detox	YES	\$0
Other Services - intensive outpatient, partial hospitalization, psychological and neuropsychological testing, biofeedback, Applied Behavior Analysis, Electroconvulsive Therapy, Transcranial Magnetic Stimulation	YES	\$0

See Evidence of Coverage for full benefit information

Post Doc PPO Benefits at-a-glance

Service	Referral/Authorization Needed?	In Network	Out of Network
Outpatient Therapy (in person or via telehealth) - individual therapy, psychiatric care/medication management	NO	\$0	<u>IN PERSON</u> = After deductible* - 40% co-insurance (of the Maximum Allowable Amount**) <u>TELEHEALTH</u> = NOT COVERED
Higher Levels of Care - inpatient, residential treatment	YES	20%	After deductible* - 40% co-insurance (of the Maximum Allowable Amount**)
Higher Levels of Care - Other - partial hospitalization, intensive outpatient	NO	20%	After deductible* - 40% co-insurance (of the Maximum Allowable Amount**)
Other Services - psychological and neuropsychological testing, Applied Behavior Analysis, Electroconvulsive Therapy, Transcranial Magnetic Stimulation	NO	\$0	<u>IN PERSON</u> = After deductible* - 40% co-insurance (of the Maximum Allowable Amount**) <u>TELEHEALTH</u> = NOT COVERED

***Deductible** = \$200 individual/\$600 for family*

****Maximum Allowable Amount** = The amount Health Net bases reimbursement for Covered Services provided by an Out-of-Network Provider, which may be less than the provider's amount billed**

MHN COMMERCIAL TELEHEALTH GROUPS 2023

GROUP	PROVIDER TYPE	WEBSITE	CONTACT INFO	ADDITIONAL INFORMATION
AbleTo	Licensed Clinicians	https://ableto.com	866.287.1802 between 9am-8 pm EST	Therapy, coaching, and digital well-being program for adults
Array/Inpathy Behavioral Care	Psychiatrists, ARNPs, Licensed Clinicians	https://arraybc.com/	On-line booking 800.442.8938	Adults and children ages 6 up Able to serve members with Autism Spectrum Disorder
Babylon (California Telemedicine Associates)	Psychiatrists Licensed Clinicians	https://www.babylonhealth.com/us/download-app	On-line booking 800.475.6168 support@babylonhealth.com	Membership Code: HNCOM Adults only Appointments available from 7am-7pm
Bright Heart Health, Inc.	Psychiatrists Licensed Clinicians	https://www.brighthearthealth.com	24 hour virtual clinic 800.892.2695	Adults only Substance Use, Eating Disorders, Group Therapy
Daybreak Health	Psychiatrists Licensed Clinicians	https://www.daybreakhealth.com/	On-line booking 415-992-6155	Adolescents – 12-19 y.o. Mobile App for Adolescents to chat with clinician (https://apps.apple.com/us/app/daybreak-teen-counseling/id1523709183)
Esteem Health	Psychiatrists Licensed Clinicians	https://esteem.health	info@esteem.health (855) 378-3361	Serves children 3-18 y.o.
Grow Healthcare Group	Psychiatrists Licensed Clinicians	https://growtherapy.com/		Adults and children ages 6 up Book online - see a therapist within 2 days Virtual and in-person options
HealthLinkNow	Psychiatrists Licensed Clinicians	https://healthlinknow.com/	On-line booking 888-880-8443 info@healthlinknow.com	Adults and children ages 6 up Evening and weekend appointments available
LifeStance Health	Psychiatrists Licensed Clinicians	https://lifestance.com/	On-line booking	Telehealth or in person/in office sessions – available at multiple locations throughout California
Octave	Psychiatrists Licensed Clinicians	https://www.findoctave.com/	support@findoctave.com	Adults only LGBTQ+ specialization Telehealth or in person/in office sessions – available in San Francisco and Los Angeles
PATH	Psychiatrists Licensed Clinicians	https://www.pathmentalhealth.com/	Register online or via app then choose a provider support@pathccm.com 323-205-7088	Therapy - ages 5+ Psychiatry - adults only Individual, couples, family therapy SUD specialty
Telehealthdocs	Psychiatrists Psychologists (only)	http://telehealthdocs.com/	661-840-9270 info@telehealthdocs.com	Adults and children ages 10 up - if under 10 y.o. - will review on case-by-case basis. Call to schedule an appointment
Telemed2u	Psychiatrists Licensed Clinicians	https://www.telemed2u.com/	On-line booking 855-446-8628 info@telemed2u.com	Adults and children ages 6 up Evening appointments available

Access to Care - Customer Service

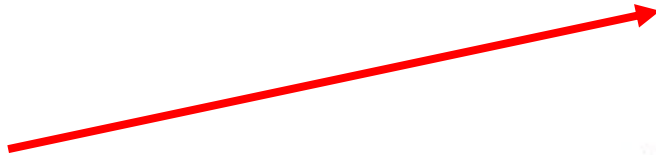
- Call # on back of card (*see following slide*)
- Ask for help finding a **provider with availability** (*vs. being sent a list of providers to call*)

A coordinator will reach out to providers on member's behalf and contact them once an available provider is found

Please note: regulatory requirements dictate access to care as follows:

- MD (i.e. psychiatry/medication management) = 15 business days
- Non-MD (e.g. therapist – LCSW, LMFT, PhD, LPCC, etc.) = 10 business days

SAMPLE MHN Customer Service



www.healthnet.com

Member Services	1-800-861-7214 (TTY: 711)
Mental Health Benefits and Appointments	1-888-935-5966 (TTY: 711)
24-hour Nurse Advice	1-800-893-5597 (TTY: 711)
24/7 Video Doctor Appointment	www.babyforhealth.com/us/hnc

Provider Services 1-800-641-7761
To report, or request approval for, inpatient admits, call: 1-800-995-7890

Pharmacy Help Desk 1-800-600-0180
RxBIN 004336 RxPCN 'HNET' Processor Caremark

Medical Claims Health Net Commercial Claims
Payer ID 95567 PO Box 9040, Farmington, MO 63640-9040

Mental Health Claims MHN
Payer ID 22771 PO Box 14621, Lexington, KY 40512-4621

 MultiPlan
Access may vary

 First Health.
Health Net of
California, Inc.

www.healthnet.com

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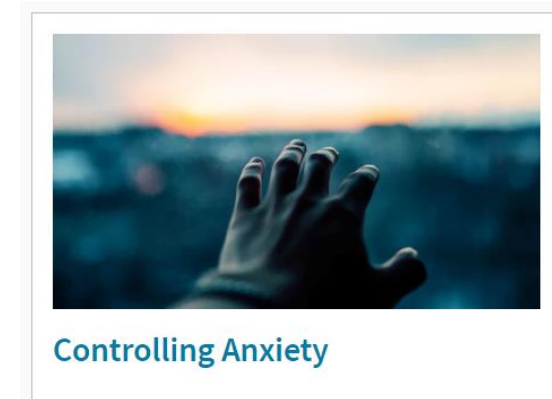
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myStrength is an interactive wellness platform (web and app based) which provides self-management/self-care tools to improve health needs from a mind/body/spirit perspective. Modules include:



- Stress
- Depression
- Anxiety
- Substance Use Disorder
- Trauma & PTSD
- Opioid Recovery
- Chronic Pain
- Insomnia
- Mindfulness and Meditation
- Balancing Intense Emotions (DBT)



To sign up:

- <https://mystrength.com/>
- Access Code
 - For HN Members – “HNwell”
 - For community at large - “HNCommunity”

Set new calming habits with **UNWINDING**

Unwinding is an evidence-based mindfulness program that helps you reduce stress, build resilience, improve sleep and boost your quality of life. It offers a comprehensive approach to stress management when you need it.

Key features:



Mini-courses



Breathing exercises



Mindfulness tools



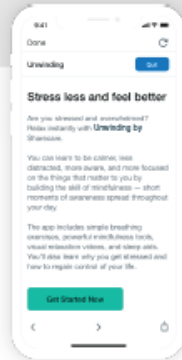
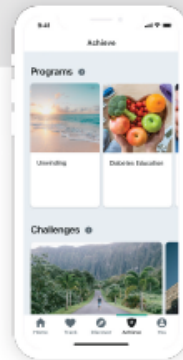
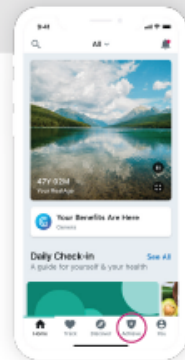
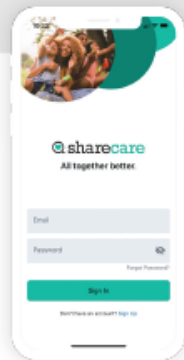
Sleep support



Visual relaxation

How to get started:

- 1 Sign in to your account
- 2 Select Achieve
- 3 Select Unwinding
- 4 Get started



Stress less

FEEL BETTER WITH UNWINDING BY SHARECARE.

Unwinding is the app you've been looking for to help you reduce stress and feel less anxious throughout the day.

Key benefits:

- **Mini courses:** Short effective video and audio courses on how your mind works and how to use mindfulness to reduce stress and anxiety
- **Exercises:** Guided breathing exercises to help you destress quickly
- **Tools:** Evidence-based mindfulness tools, including guided meditations that build resilience and decrease chronic stress
- **Sleep support:** Including meditations and white noise tracks to help you get to sleep and stay asleep
- **Visual relaxation:** Award-winning videos to help you relax



Help/Hotlines

Suicide & Crisis Lifeline – 988 – call/text - 24/7

CalHOPE – 833-317-HOPE or *Live Chat* via website

Substance Use - SAMHSA National Helpline - 1-800-662-HELP

Mental Health

- NAMI California: 1-800-950-NAMI or email info@namica.org
- California Youth Crisis Line – *Chat with a Counselor* via website or call 1-800-843-5200
- Crisis Text Line – *Chat with Us* via website or text HOME to 741741

LGBTQIA+

- Trevor Project - 1-866-488-7386 or *Chat with Us* via website or text START to 678678
- Lesbian, Gay, Bisexual and Transgender National Hotline: 1-888-843-4564

California - Essential/Basic Needs - 211 – 24/7

Domestic Violence - 1-800-799-7233 or text START to 88788 or *Chat Now* via website