

THE POOL

Michigan Health Insurance

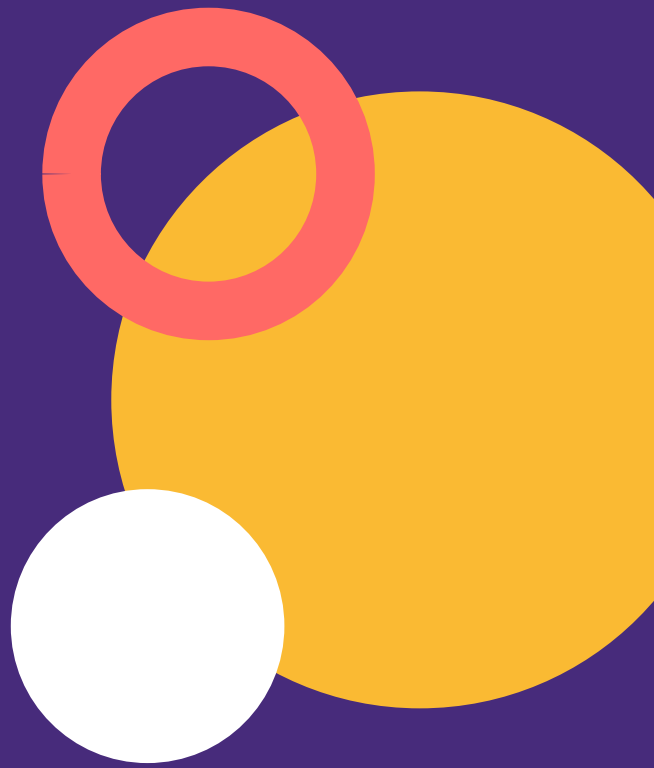
Mental Health Resources

Available through Priority Health

May 2025



Virtual Care



Virtual Care



Looking for a convenient way to see a behavioral health specialist? Virtual care gives you access to specialists from the comfort of your home.

Virtual care can also be utilized for:

- Anxiety
- Depression
- Mental health
- Substance use concerns
- and more

Prefer in-person support?

You can also schedule an in-person visit using the Find a Doctor tool

Ready to schedule?

1. Log in to your member account and select “virtual care”.
2. Download the Corewell Health MyChart app for on-demand virtual care.
3. Utilize MDLive to talk to a doctor 24/7 by online video, mobile app, or phone.



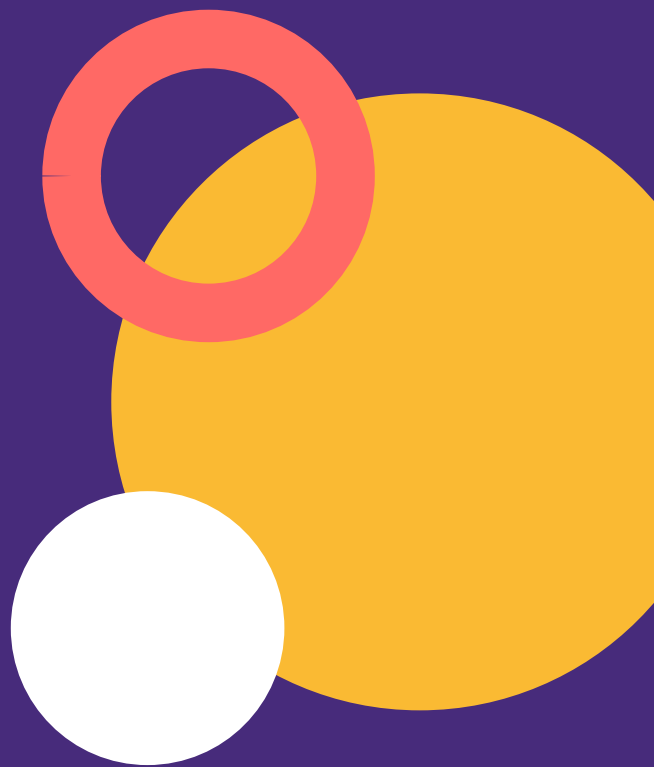
Virtual care visits are subject to your health plan's deductible.

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Online Resources



Teladoc Health Mental Health

Virtual behavioral health

Partnered with Priority Health

This free mental wellness resource offers support for stress, anxiety, sleep, and more – all personalized to you.

Sign up and feel empowered with:

- **A personalized plan.** Answer a series of questions and Teladoc Health will create a plan designed just for you.
- **Recommended digital content and resources.** Explore self-guided activities and tools based on your goals and needs.
- **In-the-moment tools.** Mindfulness and meditation techniques to boost your mood and help you focus on the present.

Sign up now

Visit Member.teladoc.com/signin and click 'Create a new account'

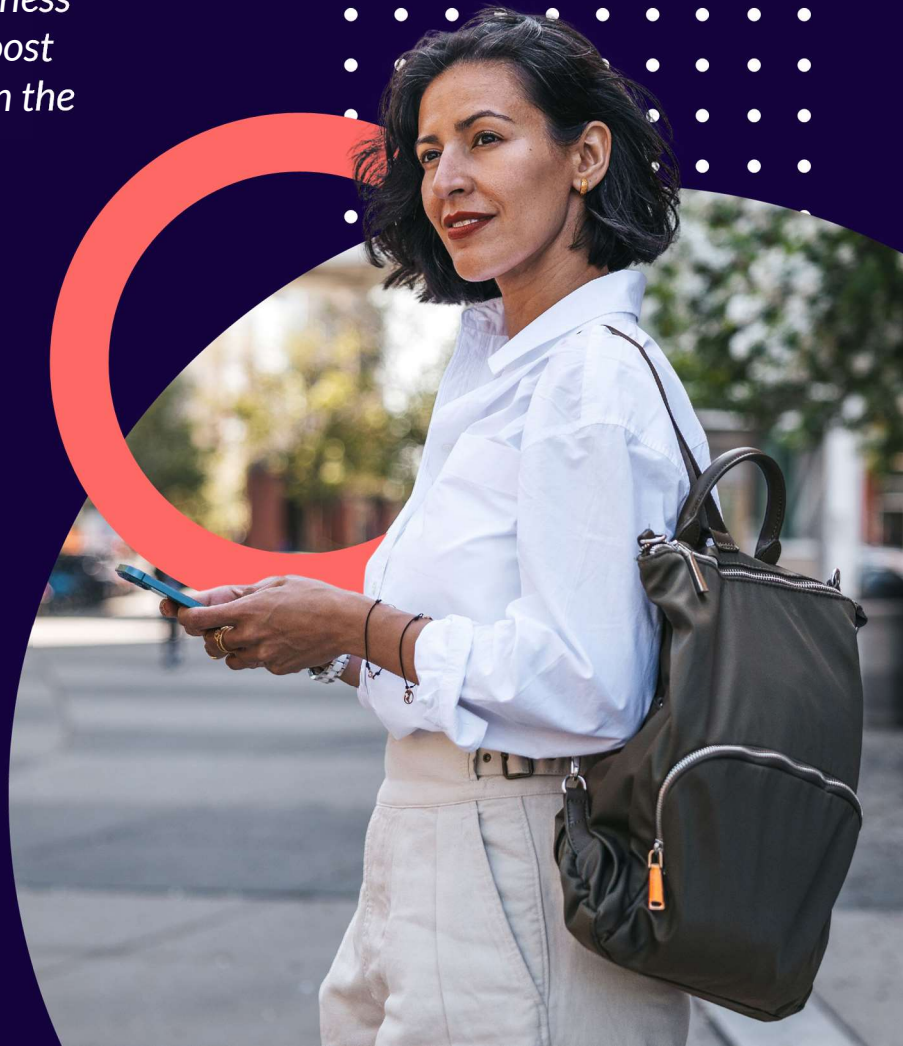
Use access code: **PHMH** when signing up

Offered at no cost through your health plan.

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Teladoc[™]
HEALTH



ThinkHealth

Digital health magazine

24/7 access to health and wellbeing support

Browse through Priority Health's **free** digital magazine for information ranging from healthy living to real member stories to current health care news.

Topics on ThinkHealth include:

- *A Healthier You*
- *Health Care 101*
- *Medicare and Medicaid*
- *Individual and Family*
- *Business*

Ready to take a look?

Thinkhealth.priorityhealth.com

Available to all, regardless of health plan enrollment.



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Other Free Resources



The Behavioral Health Line

Did you know your health plan includes 24/7 behavioral health assistance?

Behavioral Health Assistance

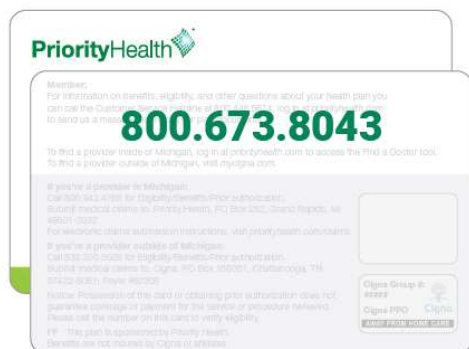
You are encouraged to call if you (or a dependent) are:

- *Experiencing emotional distress*
- *Struggling with depression or sad thoughts*
- *Looking for more information about your mental health coverage*
- *Facing substance-abuse related issues*

How it works:

1. *A member of PH's intake team will answer your call and assist you with finding an in-network behavioral health provider. They will also conduct a brief screening to determine your needs or any risks – calls typically last a few minutes*
2. *If more immediate assistance is needed, they will transfer you to a clinical team where they will help you will receive the care you need*
3. *Depending on the nature of your call, you may receive a follow-up call from the behavioral health team to ensure you received the proper and effective care*

Ready to call?



Available to members enrolled in a Priority Health plan.

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Care Management

Chronic condition management

Need help managing chronic conditions like asthma, diabetes, heart disease or even substance use? At no cost to you, Priority Health's Care Managers are here for you.

Receive assistance:

- Managing your health condition
- Getting connected to the right resources to help you be your healthiest
- Finding an in-network doctor or specialist
- Navigating the health system and coordinating care



Get started:

[Priorityhealth.com/caremanagement](https://priorityhealth.com/caremanagement)

If you're looking for assistance managing a behavioral health concern, call:

Available to members enrolled in a Priority Health plan.

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PriorityHealth

Members:
For information on benefits, eligibility, and other questions about your health plan you can call the Customer Care Center at 800.673.8043. For more information, visit priorityhealth.com to send us a message.

800.673.8043

To find a provider inside of Michigan, log in at priorityhealth.com to access the Find a Doctor tool. To find a provider outside of Michigan, visit mycigna.com.

If you're a provider in Michigan:
Call toll-free 1-877-837-7629 for eligibility verification. Prior authorization is required for medical claims for Priority Health, PPO Plus (PPO), Group Health, and Health Plan.

For electronic claim submission instructions, visit priorityhealth.com/claims.

If you're a provider outside of Michigan:
Call toll-free 1-877-837-7629 for eligibility verification. Prior authorization is required for medical claims for Cigna, PPO Plus (PPO), Group Health, and Health Plan.

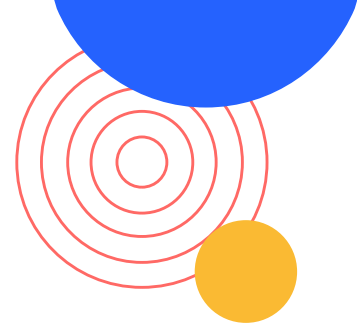
Notice: Possession of this card or obtaining prior authorization does not guarantee coverage or payment for the service or procedure requested. Please call the number on this card to verify eligibility.

PH - This plan is sponsored by Priority Health. Benefits are not insured by Cigna or affiliates.

Cigna Group Health
Cigna PPO
Cigna Plus

PH - PPO Plus Card

Mental Health Association in Michigan



Helpful Resources

The Mental Health Association in Michigan advocates for quality mental health and substance use disorder support by sharing support services, ways to advocate, and education materials.

Browse through an extensive list of support options like:

- *Hotlines for: The National Drug & Alcohol Abuse, The Veterans Crisis Line, Disaster Distress Helpline*
- *Michigan based resources, including open counseling, children's mental health, and community mental health programs*
- *Along with education around mental health and treatment*



Visit:

MHA-mi.com/helpful-resources
and scroll down to the Support section

Available to all, regardless of health plan enrollment.



MI.gov Mental Health Resources

Stay Well Archive

Mental health resources provided through a behavioral health partnership led by the Michigan Department of Health and Human Services. Browse the archive and find support with offerings like:

- *Wellness videos and recordings*
- *Grief and coping resources*
- *Resources for families, teens, and young adults*
- *Resources for teachers and students*
- *Resources for first responders and health care workers*
- *and more*



Available to all, regardless of health plan enrollment.

Visit:

[Michigan.gov/staywell](https://michigan.gov/staywell)

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Crisis Support

Dial these three numbers anytime, day or night.

If you're struggling with a mental health crisis, the Suicide and Crisis Lifeline is available for free, 24/7 support.

Dial these three numbers if you're experiencing thoughts of suicide, in a mental health or substance use crisis, or dealing with emotional distress.

The National Suicide Prevention Lifeline is also still reachable at:
1-800-273-8255



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Thank you.



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