

THE POOL

Michigan Health Insurance

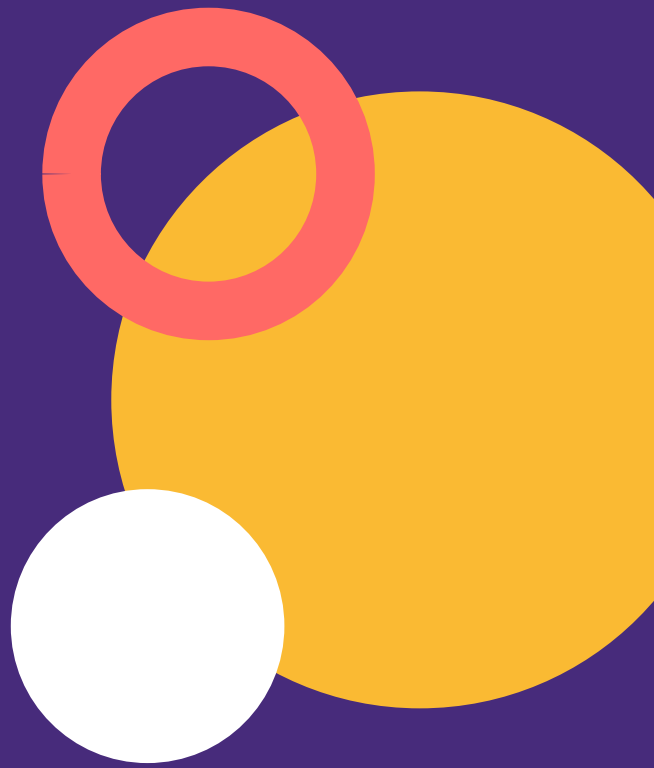
Mental Health Resources

Available through BCBSM

May 2025



Virtual Care



Teladoc Health



Virtual care

Have 45 min.?

If you're looking for a convenient option for therapy, schedule a virtual visit with licensed therapists and board-certified psychiatrists for ongoing support with issues such as grief, anxiety, or depression, all from the comfort of your home.

Virtual care can also be utilized for:

- Medication management
- Substance use concerns
- Care for your whole family
- and more



Ready to sign up?



Visit: [Bcbsm.com/virtualcare](https://bcbsm.com/virtualcare)
or download the Teladoc Health app

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

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Prefer in-person support?

Log in to your member account, select the Doctors and Hospitals section and choose Find Care.

Browse by specialty, type 'Behavioral Health' and search for a provider near you.



AbleTo Program

Virtual behavioral health

Partnered with BCBSM

This virtual behavioral health provider partnered with BCBSM offers convenient and confidential care for mild to moderate depression and anxiety.

With AbleTo, receive access to:

- An 8-week evidence-based cognitive behavioral therapy program
- Over 2,000 licensed therapists worldwide
- Personalized care for symptoms of depression, anxiety or stress with weekly one-on-one, 60 min. sessions

AbleTo is subject to your health plan's deductible.

How to get started:

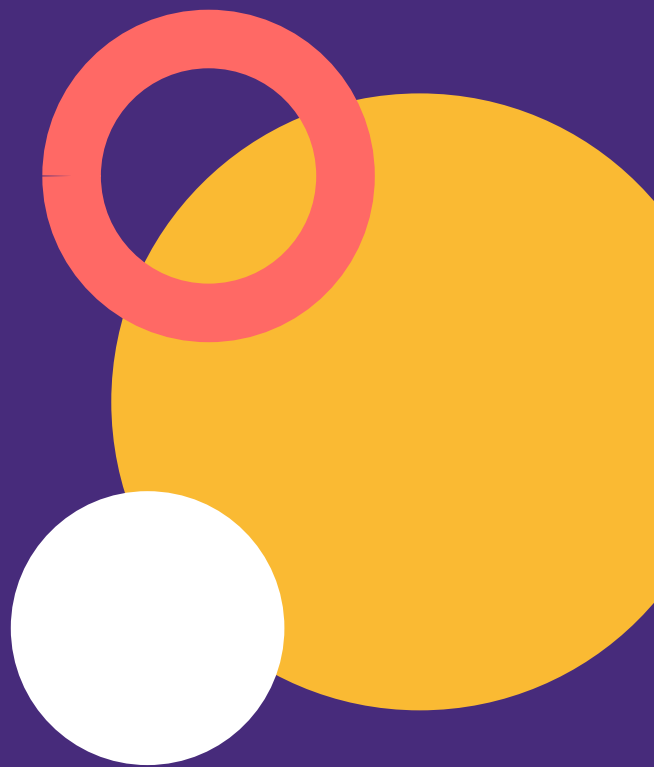
1. Visit: ableto.com/BCBSM
2. Click Get Started and select a therapist of your choice
3. Choose the day, time, and device for your appointment.

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Online Resources



Blue Cross Health & Well-BeingSM

Powered by WebMD®

24/7 access to health and wellbeing support

After completing a health assessment, get recommended to digital health assistance programs that best fit your needs.

Some programs include:

- *Conquering Stress*
- *Eating Better*
- *Enjoying Exercise*
- *Losing Weight*
- *Quitting Tobacco*
- *Feeling Happier*
- *and more!*

Other resources:

- *Mental health podcasts*
- *Tasty, yet healthy, recipes*
- *Health trackers*
- *Message boards with others who have similar interests*
- *Over 1,000 videos about a variety of health topics and trends*

Get started:

1. Log in to your member account at BCBSM.com or using the BCBSM app
2. Select Programs and Services, then WebMD

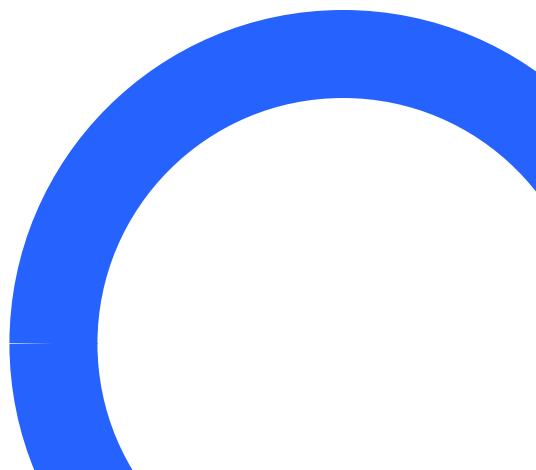
Don't have the BCBSM app? Download it now:



**Available at no cost to you
through your health plan.**

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MI Blues Perspectives & A Healthier Michigan

Podcasts, blogs, and member stories

Browse through a wealth of information about dealing with stress and anxiety, substance use, and other behavioral health concerns.

With MI Blues Perspectives, find topics to learn about like:

- *How to Avoid New Year's Resolution Fatigue*
- *Managing Relationship Anxiety*
- *Living with Undiagnosed ADHD*
- *Dealing with Emotional Eating*
- *How to Handle Grief at Any Age*
- *And more*



Visit A Healthier Michigan to get healthier from the inside out. This means everything from giving you resources to help you make better decisions about diet and exercise, as well as information on creating and sustaining nurturing communities and successful businesses — everything you need to help create a healthier Michigan. Find information on various topics ranging from family tips to being your own health advocate.

Both resources available to all, regardless of health plan enrollment.

Visit:

1. www.mibluesperspectives.com
2. www.ahealthiermichigan.org

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Blue Cross Virtual Well-BeingSM

Weekly webinars

Tune in to high-energy, live, weekly webinars that provide inspiration and motivation to help you improve your well-being.

Visit this sub page of MI Blues Perspectives and choose from a variety of webinars that pique your interest(s).

Webinar options include:

- *4 - 7 minute meditations*
- *Estate planning, wills, and trusts*
- *Self-love and self-care tips*
- *How art can connect to your well-being*
- *Personalizing your sleep hygiene*
- *Celebrating your age*
- *and more*

Visit

bluecrossvirtualwellbeing.com

Available to all, regardless of health plan enrollment.

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BCBSM's Behavioral Health Index

Learn and seek support

Through Blue Cross Blue Shield

Visit BCBSM's Behavioral Health Index for a wealth of knowledge within articles, guides and more surrounding behavioral and mental wellness.

Find information and resources on the difference between mental health and behavioral health, substance use disorders, common behavioral health conditions, how to deal with mental health stigmas, and more.

Ready to learn more?

www.BCBSM.com/mentalhealth

Available to all, regardless of health plan enrollment.

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Other Free Resources



Blue Cross Nurse Line

Call for assistance

Whether you have a general health question or a specific need, call BCBSM's 24-Hour Nurse Line for assistance and peace of mind.

At no cost to you, connect with a registered nurse to:

- Discuss at-home treatments for minor illnesses and injuries
- Ask questions about upcoming surgeries or medical tests
- Receive tips for healthy lifestyles
- Gain access to health education materials about rare or chronic conditions
- Learn about preventive care for things like immunizations, mammograms, prostate screenings, and more

Available to members enrolled in a Blue Cross plan.

Please note:

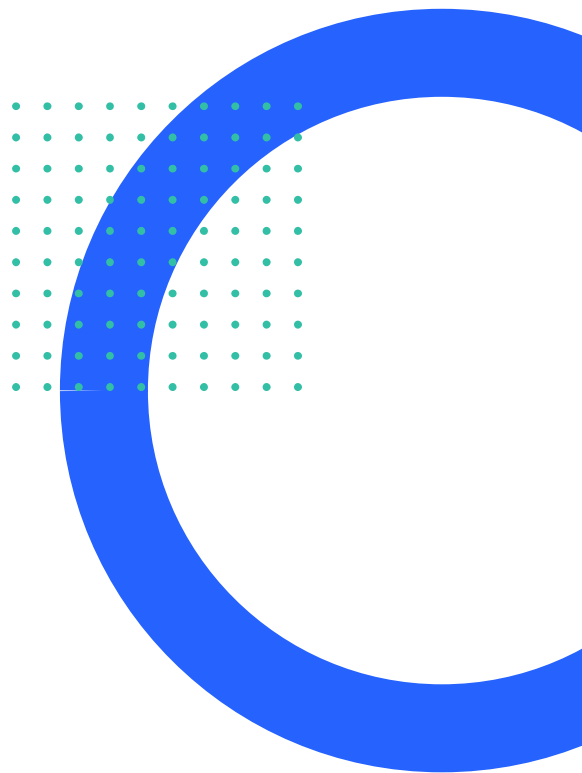
The nurse line should not be used for medical emergencies.

Ready to call?

1-800-775-2583

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Tobacco Cessation



Quit Tobacco Digital Health Assistant

This online coaching program powered by WebMD® can help you set small, achievable goals to commit to one week at a time. Choose activities, create plans, and track your progress all in one place.

To access Digital Health Assistant programs:

1. Log in to your member account at [BCBSM.com](https://www.bcbasm.com).
2. Click on the Health & Well-Being tab, then click on WebMD Health Services.
3. Click on the My Health Assistant card on the Resources page



Tobacco cessation resources are available at no cost to you through your health plan.

Tobacco Coaching

This 12-week program through WebMD includes five calls from a health coach set at times that work best with your schedule. Receive unlimited access to call your health coach whenever extra support is needed.

To be eligible for this program, you'll need to:

1. Set a quit date within the next 30 days of enrollment
2. Have used a tobacco product within seven days of your first call to WebMD

Coaching is available for all tobacco products, including electronic cigarettes and vaping products.

Ready to quit?

Call WebMD at 1-855-326-5102

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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