



# blueprint

## .. Behavioral Health ..

### ***Make good mental health a priority***

In the U.S., 1 in 5 people have a behavioral health need each year. Arkansas Blue Cross and Blue Shield provides meaningful help to members so they can address behavioral health concerns and take a powerful step toward better overall health.

As an Arkansas Blue Cross member your first three behavioral health visits are free with no out-of-pocket costs.<sup>1</sup>

### **Online or in-person – you're covered**

A preventive behavioral health screening is an important part of your overall health. If you want to talk to someone in-person, simply schedule an appointment with an in-network behavioral health provider. To find an in-network provider, visit [arkbluecross.com/findcare](https://arkbluecross.com/findcare).

Prefer virtual care? Many of our in-network providers offer telehealth appointments or you can use Virtual Health, powered by Teladoc Health. With Virtual Health, state-licensed, board-certified behavioral health therapists are available around the clock. Go to [myvirtualhealth.com](https://myvirtualhealth.com) to sign up and schedule your first visit.

Either in-office or online, your first three visits are free with no copay or coinsurance.

### **We care about behavioral health**

Nothing should stand between you and better behavioral health. Help and resources are available for you and your dependents struggling with anxiety, depression, addiction or any number of behavioral health conditions. Go to [mymindhelp.com](https://mymindhelp.com) to learn more.



<sup>1</sup> This benefit gives members 100% coverage for in-network providers for their first three behavioral health visits. Members can use telehealth services for their free visits. Eligible plans are Arkansas Blue Cross and Blue Shield PPO plans. **HSA plans are not eligible due to IRS rules.** Call Customer Service if you have any questions about whether this benefit is available to you.

***Schedule a FREE  
behavioral health appointment***



Arkansas  
**BlueCross BlueShield**

An Independent Licensee of the Blue Cross and Blue Shield Association