

Virtual Substance Use Support

Arkansas Blue Cross and Blue Shield is here to help when you need on-demand substance use disorder telehealth services with Bright Heart Health. Complete services for members include medication management, counseling and support services to help guide you to recovery.

A multi-disciplinary team is assigned and may include:

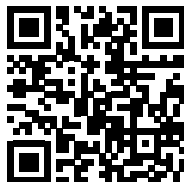
- Wellness coaches
- Physicians
- Therapists
- Case managers
- Dietitians

Bright Heart Health Virtual Clinic is available 24/7.

Getting treatment is as easy as 1, 2, 3

1.

Visit the Virtual Clinic at
brighthousehealth.com/contact-us
or call 800-892-2695



2.

Complete enrollment with a care coordinator

3.

Schedule your appointment to see a licensed physician or therapist through Zoom



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Substance use disorder (SUD) treatment options include:

Medication-Assisted Treatment (MAT)

Comprehensive evidence-based care from a multi-disciplinary team of experts for help with alcohol and opioid use to include:

- Individual and group therapy
- Management of medically necessary medications and interventions
- Life-saving treatment

Mental Health for SUD

Comprehensive mental health outpatient care utilizing a care model based on industry proven strategies and outcomes for:

- Psychiatric services
- Individual and group therapy

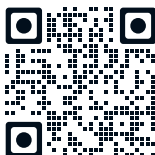
Chronic Pain Program

Evidenced-based care for long-term pain management as part of SUD treatment focusing on functional restoration with:

- Medication and non-medication therapies
- Mindfulness
- Cognitive-behavioral therapy (CBT) (a type of therapy that helps people learn how to identify and change negative or disturbing thoughts that may influence emotions)
- Operant therapy (focuses on how the brain perceives rewards and punishments as it applies to specific behaviors)

Physical health interventions

To review your benefits or access additional behavioral health resources, sign in to blueprintportal.com.



Naloxone (Narcan) is available for FREE with your health plan.

Having naloxone (Narcan) on hand can save a life and reverse the effects of opioids in an emergency. It's available to Arkansas Blue Cross members at no cost, no questions asked. Ask your primary care provider (PCP) or pharmacist about a prescription.



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