



# Behavioral Health Care Coordination

If you or a loved one struggles with mental health or substance abuse issues, our care coordinator can help. Call the number on the back of your member ID card to learn more.

We'll pair you with a coordinator whose specific expertise is behavioral health. They'll partner with you to:

- Set goals to improve your mental health.
- Find counseling resources, therapy options and support groups that fit your needs.
- Connect with our pharmacy department for medication questions.
- Navigate the complex world of providers, services and insurance.
- Advocate for your unique needs with doctors and support groups.

Our care coordinator works with you and your doctors and therapists. Together, they'll help you find the right treatment, reach your goals and live a healthier, happier life. You don't have to do it alone.

**Sign up today by calling the number on the back of your member ID card.**

Care coordinators don't replace your current healthcare and mental health providers, but they help manage and support your journey to better health.

