BMCS Health Care Consortium

MENTAL HEALTH MATTERS



Where Should I Start?

Everyday Stress
Feeling overwhelmed, trouble sleeping, or needing a moment to reset

headspace

Mindfulness
Meditation, stress management, and sleep support at no cost to you

No member cost share

Ongoing Concerns
Anxiety, depression, grief, or feeling overwhelmed

aetna℠

Behavioral Health Management*
Call the number on the back of your Aetna ID card to connect with a care manager who will assess your needs and recommend appropriate resources for ongoing support

No member cost share

Talk to a Professional
Connect with a therapist or psychiatrist

Teladoc HEALTH™

Virtual Therapy
Connect virtually with behavioral health providers and access therapy

$0 Copay

TELEMYND

Virtual Therapy & Psychiatry
Access in-network virtual therapists and psychiatrists for on going mental health needs

Structured Support
Personalized clinical support, therapy, coaching and digital tools

meru health

12-Week Virtual Mental Health Program
Personalized support and tools to help you improve your mental wellbeing

Member Cost Share applies for TeleMynd and Meru Health services

MENTAL HEALTH IS IMPORTANT

Your Mental Health Matters!

*You don't have to navigate lifes challenges alone. Explore your available benefits **HERE** and find support that works for you!*

**Behavioral health services provided through participating providers are subject to your applicable medical plan design.*