

# Mental Health Matters

Here's a snapshot of the Virtual Mental Health tools and resources available from Word & Brown's carrier partners.



**AbleTo:** Members can speak to a licensed therapist within 7 days (or less) from the initial call. \$0 for members.

**Teladoc:** Members can choose a therapist or psychiatrist and schedule visits 7 days a week. \$85 or less/therapy visits, \$190 or less/psychiatrist first visit, \$90 or less/psychiatrist ongoing visit.

[Enhanced Provider Search Flyer \(Mental Health\)](#)



**LiveHealth Online:** Members can have a video visit with a board-certified psychiatrist or licensed therapist from their smartphone, tablet or computer.

LiveHealth Online Psychiatrist visits are available within two weeks and provide medication support for those 18 and over. \$0 for members, cost share applies for HSA members.

[24/7 Behavioral Health Resource Center Flyer](#)



**Virtual Blue:** For PPO members, the virtual blue network includes mental health services [Virtual Blue Flyer \(For PPO Members\)](#)

- \$0 virtual visits
- No referral required
- Mental health coaches, clinical social workers, therapists, & health coaches

Access the Virtual Blue Mental Health overview here: [Virtual Blue health plans | Blue Shield of CA Employer](#)

**Headspace Care:** Offers on-demand, confidential mental health care through coaching and skill-building activities. Headspace Care provides support when members need it and goes where their smartphone goes.

**Teladoc:** Blue Shield members have access to Teladoc's national network of U.S. board-certified physicians. Teladoc doctors are available 24/7/365 by phone or video. Members can also speak to licensed therapists, psychiatrists, and mental health professionals who can help them manage addiction, depression, stress or anxiety, domestic abuse, grief, and more. Mental health appointments are available from 7:00 a.m. to 9:00 p.m., local time, 7 days a week.



**Babylon:** Health Net's preferred telemedicine vendor. Babylon provides members access to online psychiatric care 12 hours per day including weekends. \$0 for members, cost share applies for HSA members.

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**Ginger:** On-demand mental health care through coaching, video therapy, and psychiatry sessions. \$0 for members.

**Virtual Visits:** Kaiser Permanente provides access to mental health providers at \$0, unless on an HSA. Members can see the same mental health provider for future visits.



**AbleTo:** Offers on-demand access to self-help for stress and emotional well-being. Members can get access to self-care techniques, coping tools, meditations, and more – anytime, anywhere. With self-care, personalized content is designed to help boost mood and shift perspectives. Tools were created by clinicians that are suggested based on members' responses to a short, optional assessment. Self-care is here to help members feel better – and it's available at no additional cost.

[Behavioral Health Virtual Therapy Flyer.](#)

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