



# Get Behavioral Health Care When You Need It

State Health Plan coverage includes behavioral health benefits for adults and children. Companion Benefit Alternatives (CBA) provides behavioral health management services, and some services require prior authorization by CBA. For general questions, such as if a service requires prior authorization, call CBA at 800.868.2520.

## Finding a provider

For help finding a behavioral health provider or treatment program, call BlueCross at 877.505.7390. Representatives are available during normal business hours. You can also search for a provider at [peba.sc.gov/find-care](https://peba.sc.gov/find-care).

### For anxiety, stress and depression

Meru Health offers a 12-week virtual treatment program at no cost to State Health Plan primary members ages 18 and older to reduce anxiety, stress, depression and burnout. It combines therapist/psychiatrist support, a biofeedback training device and more. Learn more and enroll at [meruhealth.com/cba](https://meruhealth.com/cba).

### For adolescent mental illness and substance use

Bend Health virtual network providers work with families with children, adolescents and young adults up to age 25. Bend offers a broad spectrum of care, including preventive coaching for severe mental illness and substance use to deliver a comprehensive, personalized care plan, followed by treatment through weekly video sessions. Families receive additional support whenever they need it. Bend Health is available to State Health Plan primary members, and treatment costs follow normal Plan provisions. Learn more at [www.BendHealth.com](https://www.BendHealth.com).

### For connecting virtually with a therapist, psychologist or psychiatrist

With Blue CareOnDemand, you can chat with a licensed counselor, therapist, psychologist or psychiatrist from the comfort of your home. Have your first therapy appointment within a week or less, then choose a time that works for you. A Blue CareOnDemand visit is covered as a traditional office visit under the State Health Plan. Log in to your My Health Toolkit® account to start a visit.

### For health coaching

Health coaches work one-on-one and offer support at no cost to members in addiction recovery and diagnosed with attention deficit hyperactivity disorder (ADHD), bipolar disorder and depression.

Health coaches encourage members to follow their treatment plan, help members set goals and teach members how to handle symptoms. Coaching is available to adult State Health Plan primary members at no cost. BlueCross identifies participants by reviewing medical, pharmacy and lab claims. You are automatically enrolled if you could benefit from one of the programs. However, you can opt out at any time. To self-enroll, call BlueCross at 855.838.5897.

### For eating disorders

Equip providers deliver virtual, evidence-based treatment for all eating disorder diagnoses. You receive support from a team that includes a therapist, medical provider, dietician, family mentor and peer mentor. Equip is available to State Health Plan primary members, and treatment costs follow normal Plan provisions. Learn more at [www.equip.health](https://www.equip.health) or call 855.538.1465.

Within Health providers offer intensive outpatient and partial hospitalization services. Within providers will meet you where you are and when you need help so you can rebuild a connection with your true self and fully heal. Within is available to State Health Plan primary members, and treatment costs follow normal Plan provisions. Learn more at [www.withinhealth.com](https://www.withinhealth.com) or call 866.559.3073.

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