

Get Behavioral Health Care When You Need It



Blue CareOnDemandSM

Don't let emotional difficulties affect your well-being. As a State Health Plan primary member, you can video chat with a licensed counselor, therapist, psychologist or psychiatrist from the comfort of your home about:

- Stress and anxiety.
- Relationship and family problems.
- Feelings of depression.
- Work pressures.
- Grief issues.
- Trauma resolution.

Help doesn't have to stop after your first consultation, either. Continue follow-up visits as long as you need to. Appointments are available at the time and frequency that are right for you. You pay a \$14 copayment, plus the remaining allowed amount until you meet your deductible.

Visit www.BlueCareOnDemandSC.com or download the free app on your Apple or Android device today to schedule your first appointment. You can schedule an appointment 24 hours a day, seven days a week, using the app.

Blue CareOnDemand is also available to dependents whose primary coverage is the State Health Plan. If your child is under age 18, you can add him to your profile. If he is age 18 or older, he must register himself.

Health coaching

Behavioral health coaches are available to work one-on-one with you and offer support to members with a variety of conditions, including:

- Substance use disorder.
- Attention deficit hyperactivity disorder (ADHD).
- Bipolar disorder.
- Depression and postpartum depression.
- Anxiety.

Health coaches encourage members to follow their treatment plan, help them set goals and teach them how to handle symptoms. To connect with a health coach, call 855.838.5897 and select Option 2.

Find a behavioral health provider

To find a behavioral health provider, go to www.companionbenefitalternatives.com and click on Find a Provider or call 800.868.1032.

Learn more

To learn more about the behavioral health benefits available through the State Health Plan, call BlueCross BlueShield of South Carolina at 800.868.2520.

Note: Preauthorization of some behavioral health benefits is required. To preauthorize services, you or your provider must call 800.868.1032.

For more information, please refer to the [Insurance Benefits Guide](#).