

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.
- 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 right for you. You pay a \$15 copayment, plus the remaining allowed amount until you meet your deductible.

Log in to your [My Health Toolkit](#) account 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 younger than age 18, you can add them to your profile. If they are age 18 or older, they must register themselves.

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

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



Meru Health

Meru Health is an online health care provider that offers State Health Plan primary members an evidence-based program clinically proven to reduce anxiety, stress, depression and burnout. The 12-week treatment program combines daily therapist and psychiatrist support, a biofeedback training device, anonymous peer support, meditation practices, and habit-changing activities for sleep, nutrition and more. The program is divided into weekly themes focusing on tackling mental health challenges with multiple approaches and building habits to prevent relapses.

You can access the entire program from a smartphone, and it is available at no cost to you. Learn more about the program and enroll at meru.health/cba.

Within Health

Within Health is revolutionizing eating disorder treatment with a comprehensive, virtual treatment solution. It provides intensive outpatient and partial hospitalization services, and its flexible scheduling can accommodate your lifestyle, so you don't have to put your life on hold during treatment. Instead, Within 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 about Within at www.withinhealth.com or call 866.605.1805.