

## With a **Behavioral Health 360 Champion**, it's easy to get the support you need and deserve



Our **Behavioral Health Champions** bring all the support and tools you need for mental wellness right to you.

Our world is moving fast. As you manage all of the responsibilities in your life, challenged by all the forces in our world, you may find yourself needing someone to help you find the right mental health balance and support. That's where we come in. **Your Behavioral Health Champion can help you:**

- Access a local mental health professional that's right for you
- Get the care and support you need quickly and easily
- Verify provider availability
- With follow-up connections to make sure you have what you need and are getting the care and support you deserve



Connect with **your Behavioral Health Champion** and see how a champ in your corner can help you.

Get the support you need and deserve



**Our Behavioral Health 360 program provides specialized behavioral health expertise and support to ensure you find the right provider and care that fits your specific needs.**

### **spring health**

#### **Personalized mental healthcare, anytime**

Spring Health makes sure you and your covered family members have access to the support you need. You have access to telehealth services via phone, tablet or computer that include:

- Mental health therapy
- Psychiatry
- Care navigation
- Digital cognitive behavioral therapy

### **Meru Health**

#### **Mobile therapy with continuous therapist support**

Meru Health is a holistic mental healthcare solution for depression and anxiety. Get access to 12 weeks of empowering content and support.

- Continuous access to a personal, remote therapist
- Biofeedback training
- Lessons and practices to improve sleep and nutrition
- Proven techniques to change unwanted thoughts and habits

### **G E M I N I**

#### **On-demand support for children with developmental disabilities**

Get language and behavioral skill development support for children with autism spectrum disorder and other developmental disorders.

- Discrete video modeling
- Proven techniques
- On your schedule
- Access in rural areas



#### **Barrier-free therapy, your way**

Cyti Psychological offers high-quality, online therapy from the convenience of home, anytime, anywhere.

- Telehealth based
- Appointments within 24-48 hours
- Founded on evidence-based research
- Therapy for individuals, couples, families and teens



#### **Compassionate care for substance use disorder**

Hazelden Betty Ford is force of healing and hope for families and communities affected by substance use and mental health conditions.

- Enhanced coaching and case management
- Commitment to diversity, equity and inclusion
- Family education and support
- Comprehensive resource website

### **Ready to get started?**

For questions or to get started, please call **833-212-5027** or email us at **bhchampions@modahealth.com**.