

### *Support members in lifelong wellness habits to prevent illness from starting*

- **[myStrength by Livongo®\\*](#)**  
Members can sign up for a self-guided, online resiliency program to help work through everyday life stressors.
- **[Virtual Well-Being webinars](#)**  
Gives guidance and support for personal well-being journeys through webinar programming available on a computer, tablet or mobile phone.
- **[Shatterproof Just Five](#)**  
An online, self-paced, mobile-enabled program focusing on increasing awareness, reducing stigma, and sharing information about substance use disorder, prevention, and treatment.
- **[Behavioral health website](#)**  
A public website that provides education, guidance on where to get care, and links to all Blue Cross behavioral health resources.
- **[Blue Cross Health & Well-Being<sup>SM</sup> powered by WebMD®](#)**  
A digital health hub that serves as the primary well-being component for members. Members can customize the website with their health interests and conditions and access a variety of online resources.

### *Reduce stigma and design a system that makes it desirable and easy to obtain care early*

- **[Multi-channel awareness & education campaign](#)**  
A robust multi-channel educational campaign that helps to reduce stigma against behavioral health and directs members to available resources for getting the behavioral health help they need.
- **[Blue Cross Online Visits<sup>SM</sup>](#)**  
Members can schedule a virtual appointment and speak with a licensed therapist or U.S. board-certified psychiatrist from their smartphone, tablet or computer.
- **[AbleTo](#)**  
National virtual provider offering members eight weeks of structured cognitive behavioral therapy for anxiety and depression with a licensed therapist.
- **[Other Blue Cross network providers](#)**  
Many licensed specialists are offering virtual appointments.
- **[Blue Cross Behavioral Health Department](#)**  
Supporting members in finding the right specialist for them and their family. Call the number on the back of the member ID card. Number varies by plan type.

### *Appropriately connect and support high risk members to the care they need*

- **[Blue Distinction® Centers for Substance Use Treatment and Recovery](#)**  
Nationally accredited, multi-disciplinary, coordinated care that recognizes specific quality standards and value-focused care. Offers medication-assisted treatment and other evidence-based therapies.
- **[Substance Use Disorder Hotline](#)**  
Licensed clinicians are available 24/7 to assess, educate, navigate and arrange resources or referrals that are right for the unique individual.
  - PPO: 1-877-627-1041
  - HMO: 1-800-482-5982

### *Provide community-based crisis solutions to reduce avoidable hospitalization*

- **[Regional community-based crisis services](#)**  
Four interconnected regional programs designed to manage crisis, initiate treatment early, and reduce avoidable ED visits. Available services are: Psychiatric urgent care, mobile crisis, crisis stabilization, crisis residential.