

ACHIEVE

FULL HEALTH - *body & mind*



Substance use, depression, marital discord, financial challenges — these and other stressors can affect us in our personal and professional lives. Your Arkansas Blue Cross and Blue Shield health insurance plan includes behavioral health benefits, managed through New Directions. These benefits include mental health services, substance use treatment and more.

HELP IS JUST A PHONE CALL AWAY. CALL TOLL-FREE, 24/7 1-877-801-1159

NEW DIRECTIONS LICENSED STAFF CAN HELP YOU:

- Find the right doctors and treatment facilities for your unique needs
- Confirm provider participation in your health plan network
- Get information about community services and resources
- Work with your doctor(s) to achieve your goals
- Learn about topics such as depression, anxiety, substance use, bipolar disorder and other conditions
- Receive coaching and support services through a case management program
- Receive precertification for inpatient and outpatient services

Visit ndbh.com for educational resources, videos, guidebooks and more.

*WE FOCUS ON FINDING YOU THE RIGHT CARE AT THE RIGHT TIME.
OUR GOAL IS TO HELP YOU LEAD A HEALTHY AND FULFILLING LIFE.*