

Virtual Health

with behavioral health

blueprint

Help for your behavioral health needs is as close as your smartphone or computer. Virtual Health with behavioral health appointments is available for you 24/7.

- Addictions
- Anxiety
- Depression
- Bipolar disorders
- Eating disorders
- LGBTQ support
- Grief and loss
- Relationship issues
- Men's issues
- Panic disorders
- Stress management
- Trauma and PTSD
- Women's issues
- More

Go to MyVirtualHealth.com and follow the simple steps to sign up or log.



Additional information about your health plan can be found online at blueadvantagearkansas.com/gettingstarted.



**BlueAdvantage
Administrators of Arkansas**

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