

Behavioral Health Case Management

blueprint

Help when you need it

OUR CASE MANAGERS

Our dedicated Behavioral Health Team is comprised of local nurses, social workers and peer support specialists to help you identify needs and navigate to the care you need. This unique team takes an integrated whole-person approach to improve your overall well-being by connecting you to providers, programs and resources available in your community.

HOW A BEHAVIORAL HEALTH CASE MANAGER HELPS

There are many perks when you have the help of a behavioral health case manager.



Better communication: A case manager will make sure you understand what to ask during office visits with your doctor or therapist and help you get the information you need.



Help you stay healthy: Your case manager helps you discover new ways to stay healthy through preventive care by identifying local resources available to you.



Get the right healthcare: Part of the case manager's job is to guide you through the healthcare system and get the help you need. They can help you make sure you are seeing the right providers at the right time in the right place.



Make better decisions: Your case manager equips you with the information you need to make decisions about your mental or behavioral health condition, your treatment options and helps you better understand your health insurance coverage, too.

Case management is available to enrolled employees at no additional cost. Whether you need help finding a therapist or have a question about your hospital discharge plan, we are here to help and listen to your needs.

Connect with a case manager by calling **1-800-225-1891**,
Monday through Friday, 8 a.m. to 4:30 p.m.

After hours, call the Lucet helpline at **877-801-1159**.
Learn more at arkansasbluecross.com/bh.



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Normalize the conversation.

What is Behavioral Health?

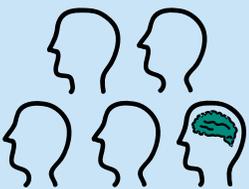
Behavioral health is a term used for habits that impact your mental and physical well-being. Sometimes, you may hear this term for:

- Mental health conditions
- Addiction diseases
- Substance use
- Other conditions related to the mind that can have a negative impact on day-to-day life

Whole health starts with the mind. Lifestyle behaviors that can improve your behavioral health and boost your mood include exercise, meditation, stress management and good nutrition. Behavioral health help and resources are available for those struggling with addiction, anxiety, depression or any number of behavioral health conditions. Become healthier from the inside out.

Break the stigma. You are not alone.

Behavioral health conditions are common, and there is no shame in getting help for these conditions. Conditions related to the mind can be treated – should be treated – just like heart-related conditions, diabetes or other illnesses.



One in five adults in America will experience a diagnosable mental health condition.

People with depression are 40% more likely to develop cardiovascular (heart) and metabolic diseases (such as type 2 diabetes) than those without depression.



Mood disorders (such as depression and bipolar disorder) are the most common reason for hospitalization in the U.S. for people under age 45.



Suicide is the second leading cause of death among Americans aged 10-35.



Source: National Alliance on Mental Illness (NAMI)

normalizetheconversation.com

If you or someone you love is struggling, speak with someone. Call or text the **Suicide Prevention Lifeline at 9-8-8**. The Lifeline accepts calls from anyone who needs support for a suicidal, mental health and/or substance use crisis.

For behavioral health resources or to find a provider covered under your plan, go to arkansasbluecross.com/bh.

