

YOU'RE NEVER ALONE.

Turn to an in-network behavioral health provider in times of need.



Good mental health can improve your quality of life. It may even help you fight or prevent chronic medical conditions, such as cardiovascular disease, diabetes and obesity. That's why Blue Cross offers an extensive network of behavioral health professionals providing cost-effective, quality services.

Find an in-network behavioral health provider:

1. Log in to your *myBlueCross* account on **AlabamaBlue.com** or the Alabama Blue mobile app, and click *Find a Doctor*. Only your Plan's in-network providers display when you are logged in.
2. Change the Location as needed (the contract holder's address automatically populates). Then select *Behavioral Health Provider* or *Behavioral Health Facility* in the Search Term drop down menu.
3. Refine your results using the filters along the left of your screen.

-OR-

Call the customer service number on the back of your Blue Cross member ID card.

Behavioral Health providers include:*

- ▶ Psychiatrists (adult and child)
- ▶ Clinical psychologists
- ▶ Licensed clinical social workers (LCSW)
- ▶ Licensed professional counselors
- ▶ Nurse practitioners

**varies by health plan*

Maximize your benefits, and pay the lowest out-of-pocket cost.

- Over 2,100 providers in Alabama and neighboring counties
- Over 267,000 providers nationwide
- No referrals necessary**
- Providers file all claims
- No balance charges (only pay your copay or coinsurance)

***Authorization required for inpatient, residential treatment center and intensive outpatient treatment facility services*



BlueCross BlueShield of Alabama

We cover what matters.

An Independent Licensee of the Blue Cross and Blue Shield Association