



## COVID-19: Ways to manage your mental health



Taking care of your mind as well as your body is always important. Right now, it's especially true.

To help you get the care you may need during this difficult time, we've expanded your access to virtual mental health services.

Whether you have a preexisting condition or are experiencing challenges for the first time, we have an option for you.



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### Switch to virtual visits

Already seeing a mental healthcare provider through your plan? Connect with them to see if they can support you through a phone or video visit. We'll cover your virtual mental health session the same way as your usual visit. If you're looking for a new provider, use our [Find a Doctor tool](#).

**TIP:** Be sure to log in to your account so that you can easily search your plan's network.



## Try Teladoc Behavioral Health

Teladoc lets you speak to a licensed psychiatrist, psychologist, or counselor by phone or video chat. To get started, call 800-Teladoc **(835-2362)** or visit [blueshieldca.com/teladoc](https://blueshieldca.com/teladoc). Through September 30, you will have access to Teladoc's mental health services and at a \$0 copay.



## Get digital tools at Wellvolution®

Access best-in-class health and wellness apps on one digital platform at [wellvolution.com](https://wellvolution.com). To filter by mental health, sign up and select "Reduce stress." Options include Sanvello – one of the highest-rated apps around to manage stress and anxiety.

**Remember:** We're here to help you. For more resources, please visit [blueshieldca.com/coronavirus](https://blueshieldca.com/coronavirus). If you have questions about your benefits, call the customer service number on your Blue Shield member ID card.

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### Language Assistance Notice

For more help and resources, visit [blueshieldca.com](https://blueshieldca.com) or Member Services at the number located on your member ID card. If you do not have your ID card, you can call (800)-393-6130 (TTY: 711).

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Blue Shield of California | 601 12th Street | Oakland, CA 94607