

The support you need *and* deserve

Our **Behavioral Health Champions** bring all the support and tools you need for mental wellness right to you.

Our world is moving fast. As you manage all of the responsibilities in your life, challenged by all the forces in our world, you may find yourself needing someone to help you find the right mental health balance and support. That's where we come in.

Your **Behavioral Health Champion** can help you:



Access a local mental health professional that's right for you



Get the care and support you need quickly and easily



Verify provider availability and schedule appointments



With follow-up connections to make sure you have what you need and are getting the care and support you deserve

Connect with your Behavioral Health Champion and see how a champ in your corner can help you.

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spring health

Personalized mental healthcare, anytime

We've also partnered with **Spring Health** to make sure you and your covered family members have access to the support you need. You have access to telehealth services via phone, tablet or computer that include:

- Mental health therapy
- Psychiatry
- Care navigation
- Digital cognitive behavioral therapy

Find the right care for YOU!

Spring Health's diverse network helps us connect you with exactly the right provider for you.

- 30+ languages spoken
- Therapists that focus on the LGBTQIA+ community
- 18+ specialty and focus areas
- BIPOC therapists and prescribers
- Providers available for after-hour appointments



How to get care

No referral is needed to access behavioral health and addiction care services. Appointments can be made by calling Moda Health's Behavioral Health 360 team at **833-212-5027** or email at **bhchampions@modahealth.com**. You can also contact any contracted provider directly.



Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）