

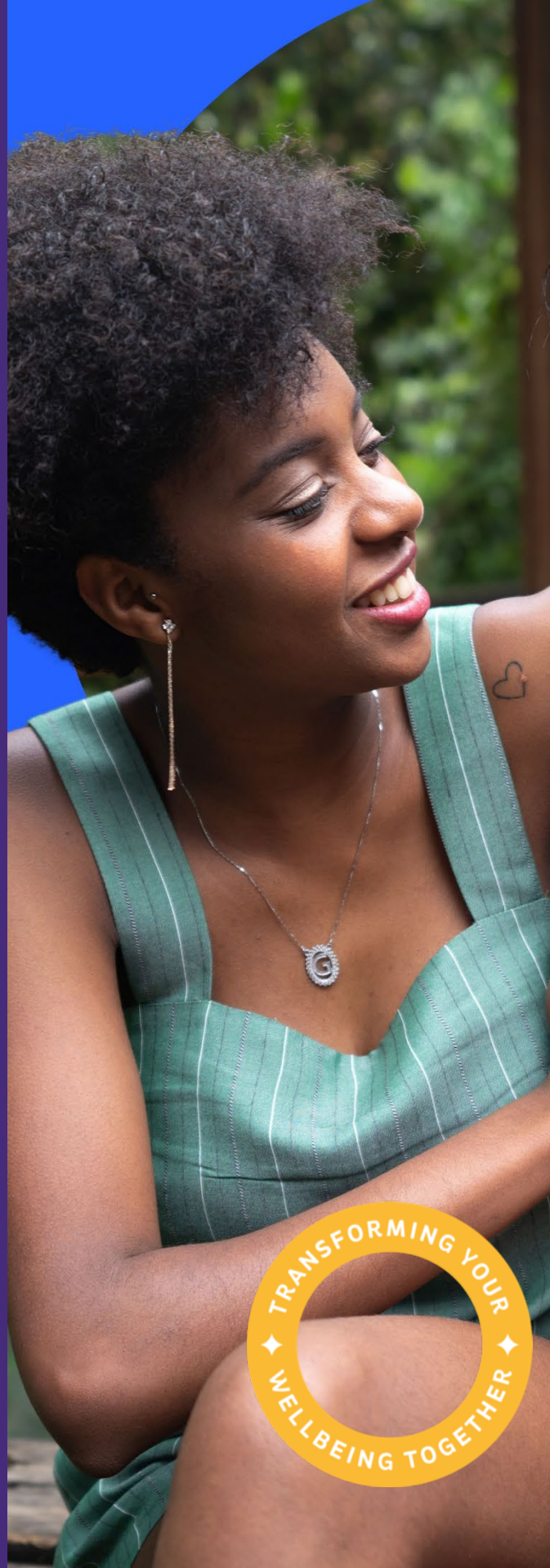
THE POOL

Western Michigan
Health Insurance

Mental Wellness Resources

Available through BCBS

March 2023



Dear WMHIP Member,



We know employees are struggling with mental health issues not only in your organization, but throughout Michigan and the nation as a whole. This packet of mental health resources was created to help employees understand the support available to them and their families, in hopes they're able to recall or reference these benefits when the need arises.

While some of you have all your staff in The Pool, others have a portion with another carrier. These resources were assembled so all employees can take advantage, regardless of Pool affiliation.

Two separate packets have been created - one directed towards employees covered by Blue Cross Blue Shield MI and the other by Priority Health. Please note there is a placeholder section on the second to last page where you can list your Employee Assistance Program if applicable - if you don't have one, feel free to remove that page.

We realize that creating this packet of materials is only the first step. The real challenge is to get it into the hands of staff to fully understand and further utilize. Below are a few suggestions your organization can decide to choose for dissemination:

- Brainshark video – [click this link](#) to download a video that can be sent to staff discussing their mental health benefits available to them
- Email “drip” campaign - each email focusing on one resource at a time, sent to staff periodically
- Gallagher to attend staff meetings, distribute copy of resources, answer questions
- Email or mail packet to all staff
- Include resources in emails, such as a newsletter or other organization wide communications
- Live webinar(s) hosted by Gallagher, led by BCBSM subject matter experts

No matter the method(s) you select, we would recommend you resist the “one and done” model. While getting this material in staff hands is important, periodically reminding them of the resources will net the best long-term results.

As always, please let us know if you have any questions.

Sincerely,

Team Gallagher

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Virtual Care

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Western Michigan Health Insurance

Blue Cross Online VisitsSM

Have 45 minutes?

If you're looking for a convenient option for therapy, schedule an online visit* with licensed therapists and board-certified psychiatrists for ongoing support with issues such as grief, anxiety, or depression, all from the comfort of your home.

Online visits can also be utilized for:

- Medication management
- Substance use concerns
- Care for your whole family
- and more

Prefer in-person support?

Log in to your member account, select the Doctors and Hospitals section and choose Find Care. Browse by specialty, type 'Behavioral Health' and search for a provider near you

*Blue Cross Online Visits are subject to your health plan's deductible.



Ready to sign up?

Visit: bcbsmonlinevisits.com
or download the BCBSM
Online Visits app



AbleTo Program

This virtual behavioral health provider* partnered with BCBS offers convenient and confidential care for mild to moderate depression and anxiety.

With AbleTo, receive access to:

- An 8-week evidence-based cognitive behavioral therapy program
- Over 2,000 licensed therapists worldwide
- Personalized care for symptoms of depression, anxiety or stress with weekly one-on-one, 60 min. sessions

How to get started:

1. Visit: ableto.com/bcbsm
2. Click Get Started and select a therapist of your choice
3. Choose the day, time, and device for you appointment.

*AbleTo is subject to your health plan's deductible.





Online Resources

Blue Cross Health & Well-BeingSM



Blue Cross Health & Well-Being* online resources, powered by WebMD®, provides you with access to a broad range of 24/7 health and well-being information and tools.

After completing a health assessment, you will be recommend to Digital Health Assistant programs that best fit you. Some include:

- Conquering Stress
- Eating Better
- Enjoying Exercise
- Losing Weight
- Quitting Tobacco
- Feeling Happier
- and more!

Get started :

1. Log in to your member account at bcbsm.com or using the BCBSM app
2. Click Health & Well-Being
3. Select WebMD Health Services

*Available at no cost to you through your health plan.

Blue Cross Health & Well-Being also houses various resources to meet you at your level, such as:

- Mental health podcasts
- Tasty, yet healthy, recipes
- Health trackers
- Message boards with others who have similar interests
- Over 1,000 videos about a variety of health topics and trends



Don't have the BCBSM app? Download it now:



MI Blues Perspectives and A Healthier Michigan

Browse through blogs, podcasts, and personal member stories that offer a wealth of information about dealing with stress and anxiety, substance use, and other behavioral health concerns.

Using MI Blues Perspectives, find topics to learn about like:

- How to Avoid New Year's Resolution Fatigue
- Managing Relationship Anxiety
- Living with Undiagnosed ADHD
- Dealing with Emotional Eating
- How to Handle Grief at Any Age
- And more



Visit A Healthier Michigan to get healthier from the inside out. This means everything from giving you resources to help you make better decisions about diet and exercise, as well as information on creating and sustaining nurturing communities and successful businesses — everything you need to help create a healthier Michigan. Find information on various topics ranging from family tips to being your own health advocate.

Available to all, at no cost!

Visit:

1. www.mibluesperspectives.com
2. www.ahealthiermichigan.org

Blue Cross Virtual Well-BeingSM

Tune in to high-energy, live, weekly webinars that provide inspiration and motivation to help you improve your well-being.

Visit this sub page of MI Blues Perspectives and choose from a variety of webinars that pique your interest(s).

Webinar options include:

- 4 - 7 minute meditations
- Estate planning, wills, and trusts
- Self-love and self-care tips
- How art can connect to your well-being
- Personalizing your sleep hygiene
- Celebrating your age
- and so much more!



This resource is available to all,
at no cost

Visit:

www.bluecrossvirtualwellbeing.com

Shatterproof™ Just Five

Did you know 1 in 3 people
are affected by addiction or mental
health issues?

This self-paced, virtual program
focuses on increasing awareness and
reducing the stigma around substance
use disorder, in just five minutes per
lesson.

Learn about topics like:

- The science of addiction
- How to reduce your risk
- The dangers of opioids
- How you can help someone struggling
- and more



Available to all, at no cost!

Learn more at:
Justfive.org/bcbsm

BCBS's Behavioral Health Index

Visit BCBS's Behavioral Health Index* for a wealth of knowledge within articles, guides and more surrounding behavioral and mental wellness.

Find information and resources on the difference between mental health and behavioral health, substance use disorders, common behavioral health conditions, how to deal with mental health stigmas, and more.

Want to learn more?

Visit: www.bcbsm.com/mentalhealth

***This resource is available to all, at no cost**





Other Free Resources

The BCBS Nurse Line

Whether you have a general health question or need help with a specific condition, call BCBS's 24-Hour Nurse Line for assistance and peace of mind.

At no cost to you, connect with a registered nurse to:

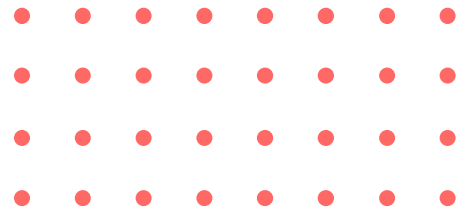
- Discuss at-home treatments for minor illnesses and injuries
- Ask questions about upcoming surgeries or medical tests
- Receive tips for healthy lifestyles
- Gain access to health education materials about rare or chronic conditions
- Learn about preventive care for things like immunizations, mammograms, prostate screenings, and more



*Please note: the Nurse Line should not be used for medical emergencies.

Need to call?
1-800-775-2583

Tobacco Cessation

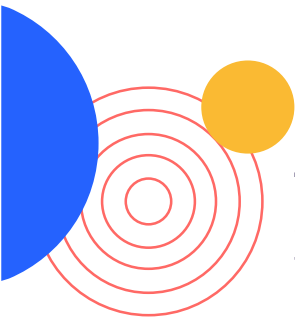


Quit Tobacco Digital Health Assistant

This online coaching program powered by WebMD® can help you set small, achievable goals to commit to one week at a time. Choose activities, create plans, and track your progress all in one place.

To access Digital Health Assistant programs:

1. Log in to your member account at bcbsm.com.
2. Click on the Health & Well-Being tab, then click on WebMD Health Services.
3. Click on the My Health Assistant card on the Resources page



Tobacco cessation resources are available at no cost to you through your health plan

Tobacco Coaching

This 12-week program through WebMD includes five calls from a health coach set at times that work best with your schedule. Receive unlimited access to call your health coach whenever extra support is needed.

To be eligible for this program, you'll need to:

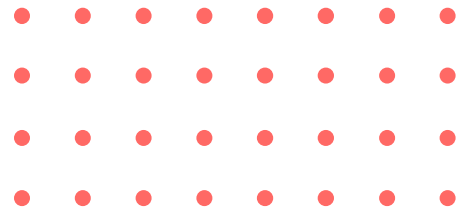
1. Set a quit date within the next 30 days of enrollment
2. Have used a tobacco product within seven days of your first call to WebMD

Coaching is available for all tobacco products, including electronic cigarettes and vaping products.

Ready to quit?

Call WebMD at 1-855-326-5102

MI.gov Mental Health Resources



Stay Well Program

Mental health resources provided through a behavioral health partnership led by MDHHS. Find helpful and *local* support with offerings like:

- Mental wellness webinars
- Online grief and coping workshops
- Resources for teens and young adults
- Help lines (to call or text)
- and more



Michigan Stay Well Counseling Line:

Available 24/7 – confidential and free!

Dial 1-888-535-6736 and press “8”

Visit:
Michigan.gov/staywell

Crisis Support

988

If you're struggling with a mental health crisis, the Suicide and Crisis Lifeline is available for free, 24/7 support. Dial these three numbers if you're experiencing thoughts of suicide, in a mental health or substance use crisis, or dealing with emotional distress.

The National Suicide Prevention Lifeline is also still reachable at 1-800-273-8255.

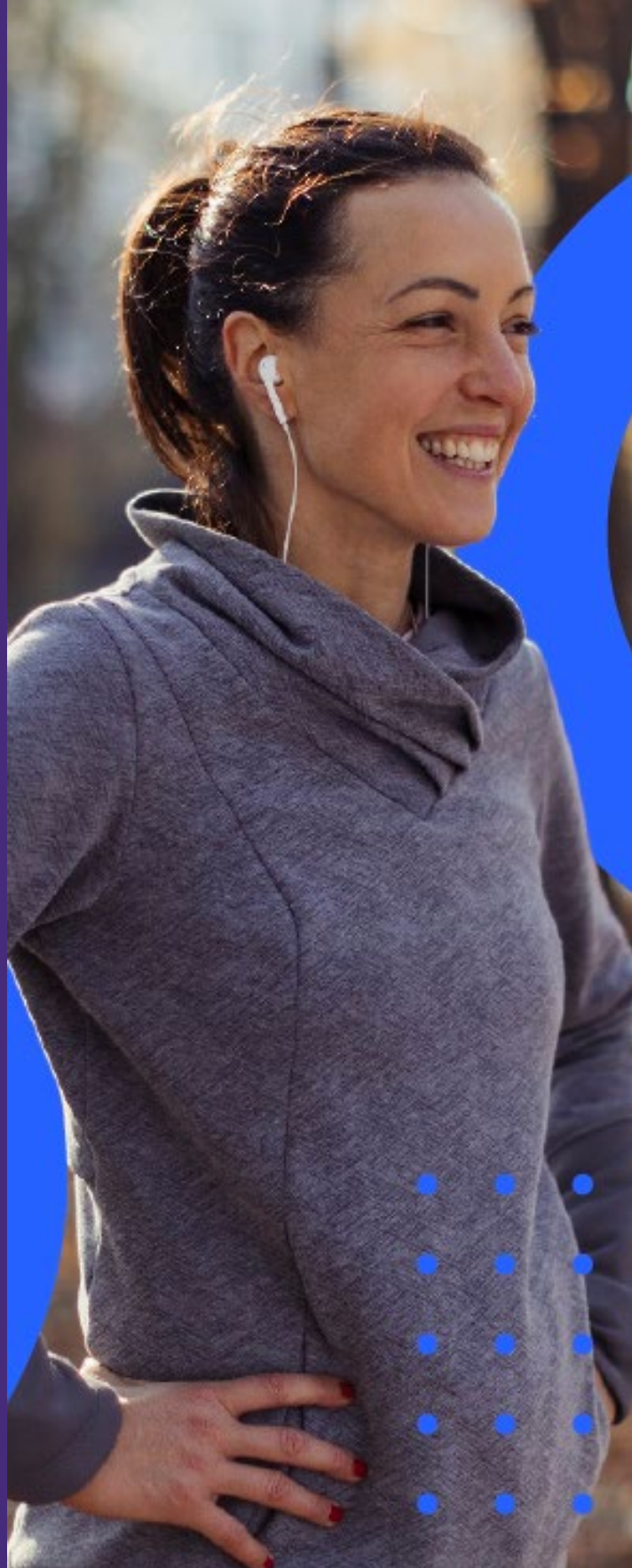


Employee Assistance Program (EAP)

The EAP is a free benefit offered through your employer. These programs can provide you and your family with a counselor for 24/7 confidential support to help resolve challenges ranging from grief, work, financial issues, and more.

Grand Rapids Community College has contracted with Pine Rest Christian Mental Health Services to provide professional counseling services to Full-time, Part-time, Contingency and Adjunct Employees, their spouses and children living in their household. All EAP consultations and referrals are confidential.

You can access EAP services 24-hours, 7 days-a-week by calling (800) 442-0809, Press 1 to access your EAP benefits. Please mention, "I have an EAP with Grand Rapids Community College"



Thank
you



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Western Michigan Health Insurance

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