



Care management for your mind and body

Physical, mental and emotional health are interconnected, and dealing with a chronic or complex medical condition can be stressful. We're ready to help you manage your whole-person health, including your behavioral health, by:

- Integrating and **coordinating all your care** through a nurse-led Blue Cross[®] care team, which includes pharmacists and behavioral health social workers
- Offering programs and resources to **support the specific needs** of the geriatric and LGBTQ+ communities and those dealing with autism, substance use disorder, maternity and eating disorders

It's free and completely confidential.

A nurse care manager will contact you if you're eligible. Or you can call the Customer Service number on the back of your member ID card for more information.

Visit the **Behavioral Health Support** page, under *Find Care*, in your online member account or on the BCBSM mobile app to find behavioral health resources and self-guided content available to you.



**READY
TO HELP**



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