

Feeling Worried?  
Sad? Out of  
Control? With  
help, you can start  
to feel better.



**BlueCross BlueShield  
of Oklahoma**

**Start your path to a healthier  
mind and a more balanced life.  
Take the first step today.**

To find a behavioral health  
provider in your area:

- Go to **bcbsok.com**. Then, click *Find a Doctor or Hospital*.
- Or call the Customer Service number on the back of your member ID card if you need help finding the right provider or have questions about your benefits.

Most people have times when they don't feel their best. But when negative feelings get in the way of normal activities or last a long time, you may need extra support.

The good news is there are many treatments and support systems available. With the right help, you can learn to help control your symptoms and live a full life.

Your health plan includes behavioral health benefits\* so you and your covered family members can get the support you may need for issues such as:

- Alcohol and substance abuse
- Anxiety, stress and depression
- Attention deficit disorders
- Bipolar disorder
- Eating disorders
- Panic disorders
- Schizophrenia and other psychotic disorders

Behavioral health professionals from Blue Cross and Blue Shield of Oklahoma are here to help you learn where and how to get help. Call the Customer Service or behavioral health number on the back of your member ID card to get started.

\* The Behavioral Health program is available only to those members whose health plans include behavioral health benefits through Blue Cross and Blue Shield of Oklahoma. Check your benefit booklet, ask your group administrator or call the Customer Service number on the back of your member ID card to verify that you have these services.

Member communications and information from the program are not meant to replace the advice of health care professionals. Members are encouraged to seek the advice of their doctors or behavioral health specialist to discuss their health care needs. Decisions regarding course and place of treatment remain with the member and his or her health care providers.



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Most people know someone who is dealing with a behavioral health issue. Seeking help is a sign of strength and a first step in getting better.

### **Need More Help?**

The resources on the right may be available to you and your covered family members. Call the Customer Service number on the back of your member ID card or visit **[bcbsok.com](http://bcbsok.com)** to learn more.

### **Blue Access for Members<sup>SM</sup> and Blue Access Mobile<sup>SM</sup>**

View coverage details, request ID cards, check claims status or learn about health and wellness from your mobile phone or computer.

### **24/7 Nurseline**

Call a registered nurse toll-free, around the clock. You can also learn about hundreds of health topics through an audio library system.

### **Well onTarget<sup>®</sup>**

This online wellness portal offers a health assessment, online courses (like stress management), tools and trackers, Life Points rewards and a fitness program. Visit [wellontarget.com](http://wellontarget.com) to learn more.

### **Lifestyle Management**

Get help to lose weight, quit smoking or reduce your risk for developing heart disease, stroke or diabetes.

### **Care onTarget<sup>®</sup>**

Use online tools to learn about health issues like depression and substance abuse. Or, chat with a clinician for extra help managing your condition. To learn more, visit [careontarget.com](http://careontarget.com).

Blue Cross and Blue Shield of Oklahoma, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an Independent Licensee of the Blue Cross and Blue Shield Association

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**[bcbsok.com](http://bcbsok.com)**