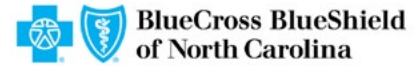


2024

Resources to make life a little easier.

Mental Health Coverage Through Your Medical Plan



Blue Cross NC provides comprehensive behavioral health services, supporting various mental health and substance use issues. This service outlines potential problems and multiple ways to access care.

- Recognize signs and symptoms.
- Multiple options for receiving support.
- Emphasizes behavioral health as part of overall health.
- In-network options for care.
- Convenient access to necessary resources.

Add to medical section: Access our [Blue Connect](#) member site to find an in-network provider. Search for keywords like: Psychologist, Psychiatrist, Social Worker, Therapist, Substance Use or Counselor.

Medical Plan	\$4,000 HSA Base Plan	\$2,000 HSA Buy-Up Plan	PPO Plan
Outpatient Mental Health Services	20% after deductible	20% after deductible	\$40 copay

Additional Mental Health Resources



Teladoc offers telehealth services for Blue Cross and Blue Shield of North Carolina members, providing easy access to acute care and behavioral health support. Available 24/7, Teladoc offers affordable care with minimal wait times, connecting you with experienced, board-certified doctors for a variety of health issues.

- 24/7 Care anytime with low wait times.
- Costs vary based on your benefits plan.
- Connect with board-certified doctors averaging 20 years of experience.
- 92% of issues resolved after the first visit.

Learn more and sign up at [Teladoc.com](#) or call 1-855-549-2214.

Health Care Visit Costs

4,000 HSA Base Plan:	\$55 until the deductible is met
2,000 HSA Buy-Up Plan:	\$55 until the deductible is met
PPO Copay Plan:	\$40 copay



ComPsych GuidanceResources provides confidential support, resources, and information to help you and your dependents navigate life's challenges. Available 24/7, this service offers counseling, legal information, financial guidance, and online tools at no cost to you.

- Support for depression, stress, and family conflicts.
- Access to qualified attorneys for legal advice.
- Tools and information for managing debt, savings, and retirement planning.
- Access to online resources tailored to your needs.
- Visit [Guidanceresources.com](#) or call 800-311-4327 (Web ID: GRS311).

Member Cost Share	None
--------------------------	------

- AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK. Call: 800.311.4327
- Online: [guidanceresources.com](#)
- Your company Web ID: GRS311