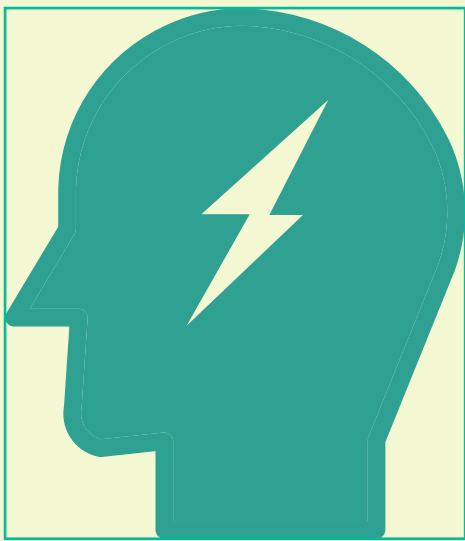


# Take care of your mental health

**Mental health is just as important as physical health. As a HealthSelect<sup>SM</sup> participant, you have access to mental health and medical benefits and resources, providing a holistic approach to taking care of your health.**

## Malcolm’s Journey

Malcolm has a longstanding history of bipolar disorder. For years, he didn’t have a regular therapist and was off and on medications for his condition. Following an inpatient stay at a mental health facility, the Care Management team at Blue Cross and Blue Shield of Texas reached out to him.



**Mood disorders are the third most common cause of hospitalization in the United States for both youth and adults**

**aged 18 to 44,**  
**according to the Centers for Disease Control and Prevention.**

**Mental illness increases the risk for many physical health problems like stroke, Type 2 diabetes and heart disease, according to the National Institute of Mental Health.**



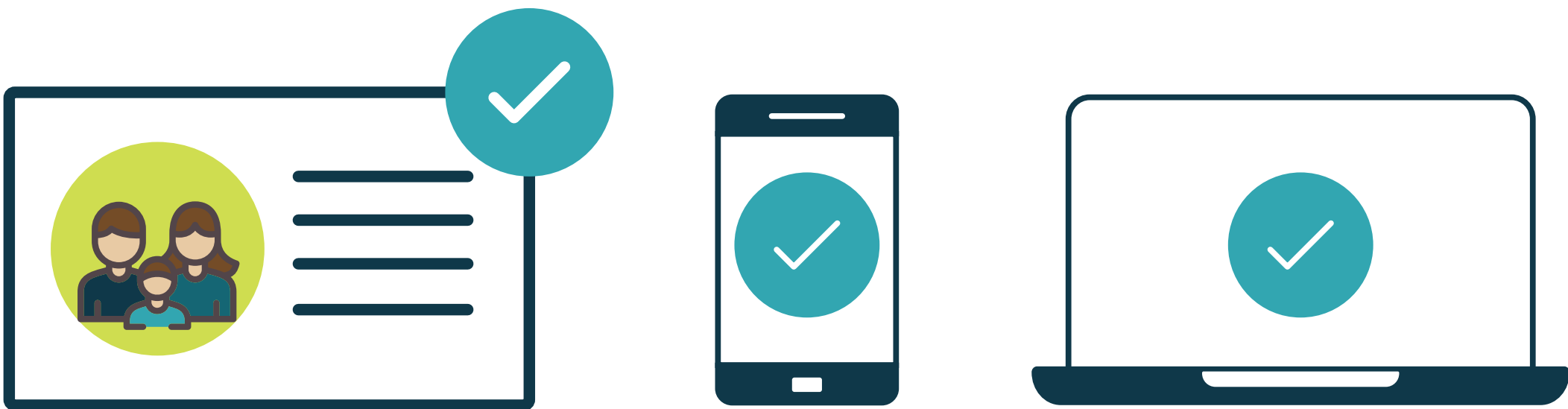
Malcolm also had several medical conditions, including high blood pressure. Shannon, his Care Management clinician, helped him get a blood pressure monitor and educated him about measuring blood pressure. Because Malcolm’s mental health treatment plan could impact his medical conditions, she asked him to follow up with his primary care provider (PCP).

Shannon provided several mental health care provider options including in-network providers in his area and two Virtual Visit providers. She reminded Malcolm that he did not need to get a referral from his PCP to see any of these providers. Shannon also encouraged Malcom to check if his employer offered an Employee Assistance Program (EAP).

**The National Alliance on Mental Illness says**

**1 in 20 adults**  
**experience serious mental illness.**

**All HealthSelect medical plans cover mental health care, including therapy and medicines. You have access to care management clinicians, mental health Virtual Visits and office visits.**



Malcolm was able to get the support he needed for his mental health while also getting help for his related medical conditions. This holistic approach to his well-being was the key to getting him on track and keeping him from being discouraged and overwhelmed.

## Have questions about your mental health care coverage?

Call a Blue Cross and Blue Shield of Texas Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday–Friday, 7 a.m. – 7 p.m. and Saturday, 7 a.m. – 3 p.m. CT. , or visit the Mental Health page on the HealthSelect of Texas<sup>®</sup> website at **www.healthselectoftexas.com**.