



## Feel Better with HMSA's Behavioral Health Program

If you have a behavioral health condition, barriers to seeking therapy can get in the way of feeling better. Your HMSA plan may be able to help with conditions like depression, anxiety, alcohol and substance use, post-traumatic stress disorder, eating disorders, and more.

Carelon Behavioral Health<sup>SM</sup> (formerly known as Beacon Health Options) consists of Hawaii state-licensed behavioral health clinicians and support staff on Oahu and the Neighbor Islands.

### How the program works

We've partnered with Carelon Behavioral Health to offer eligible members services such as:

- Help choosing a behavioral health provider.
- Referrals to behavioral health resources and services.
- Condition-specific education for members and support resources for their loved ones.
- Case management for those who need it.

To find out if you're eligible to participate in the program, check your *Guide to Benefits* or call us at the number on the back of your HMSA membership card.

To learn more about the program, call Carelon Behavioral Health at (808) 695-7700 or 1 (855) 856-0578.

If you're having an emergency and are in immediate danger of harming yourself or others, call 911 or go to the nearest hospital.

Carelon Behavioral Health<sup>SM</sup> is an independent company providing behavioral health utilization management and quality improvement services on behalf of HMSA.

