



# Enhance the Wellbeing of Your Patients: A Guide to Behavioral Health and Wellness Resources

Do the results of your patient's PHQ-9 or GAD-7 indicate the need to be connected to a therapist, psychiatrist, or other behavioral health provider? Data shows that almost 50% of individuals who die by suicide have seen their PCP in the prior 30 days. For more detailed information, visit <https://bit.ly/3MrfxqM>.

For outpatient office visits, no referral is needed. While in the office, clinicians or office staff can support members by having them call the mental health benefits number on the back of their Plan member ID Card.

Members can ask for help finding a behavioral health provider with availability (vs. being sent a list of providers to call). A representative will reach out to providers on their behalf and will contact them with the soonest appointment available.



## Integrated Care Management

The Plan also has a team of nurses, social workers and other health care experts who can support members with complex behavioral and physical health needs such as but not limited to diabetes, transplant, depression and anxiety.

Referrals can be made by calling the number on the back of the patient's ID card and ask to be referred to Care Management.

## Make the Most of Your Health with Wellness

The Plan offers many health and wellness resources that include tools and personal support. Wellness offerings differ by line of business/account.

Please see the member portal for available programs.



*\*This document is for informational purposes only and should not be forwarded to members.\**

*This information is considered proprietary and must not be shared beyond the intended audience.*

(continued)

## myStrength

myStrength is an interactive wellness platform (web and app based) which provides self-management and self-care tools to improve health needs from a mind, body and spirit perspective.

Modules include:

- Stress
- Depression
- Anxiety
- Trauma and post-traumatic stress disorder (PTSD)
- Opioid recovery
- Chronic pain
- Insomnia
- Mindfulness and meditation
- Balancing intense emotions
- Substance use

To sign up, go to <https://mystrength.com> or scan the QR code to the right.

**Please note:** log-in will change in 2024



## Unwinding® by Sharecare

Unwinding by Sharecare is an evidence-based mindfulness program that is publicly available to help reduce stress, build resilience, improve sleep and boost quality of life. It offers a comprehensive approach to stress management when needed.

Register by visiting <https://healthnet.sharecare.com>.



## Pyx Health

*Because no one gets better alone*

Connect and Find Caring Ways to Battle Loneliness.

- Pyx is a health app committed to challenging the landscape of care - making the world less lonely
- Pyx's advanced use of technology lets members:
  - Find resources to support physical and mental health
  - Connect with real people for caring and friendly chats, or for help finding resources

To sign up - search for Pyx Health in the Apple or Google Play stores, or use your smartphone and go to [www.HiPyx.com](http://www.HiPyx.com) to download the app.

Questions about the program? Call 855-499-4777 (TTY: 711), Monday through Friday from 8 a.m. to 5 p.m., and Saturday from 10 a.m. to 2 p.m.