



Family mental health care—without the wait.

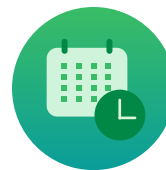
From coaching to therapy and psychiatry, Bend Health takes a whole-person, whole-family™ approach to behavioral care. We support kids and teens ages 1 to 17.



Bend Health can help with:

Bend Health has specific care plans designed for general concerns and specific conditions.

- Parenting concerns
- LGBTQIA+ supportive care
- Sibling rivalry
- Stress
- Sleep issues
- Social media and technology addiction
- Anger issues
- Worries and anxiety
- Depression
- Trauma
- Executive functioning concerns
- ADHD
- OCD
- Substance use (if mild-moderate and no detox is needed)



APPOINTMENTS AVAILABLE IN DAYS

(Compared to typical wait times of 6-12 months.)



ONLINE AND LICENSED IN EVERY STATE

Insurance accepted!



Signing up takes 10 minutes at
bendhealth.com/covered

01

Create an account

And add your child's information.

02

Assess your child's symptoms

Comprehensive, clinically validated.

03

Meet your care team

Get a personalized care plan and your first appointment in days.

Bend Health offers 4 types of care.

Practitioners work as collaborative teams designed around the unique needs of each kid, teen and their family. All teams are clinician-supervised.

COACHING

- Comprehensive evaluation and treatment plan within days
- One-on-one live video sessions with coach and unlimited messaging with care team between sessions
- Collaboration with primary care physician (medical behavioral integration)
- Parent skills training plus kid and teen cognitive and behavioral techniques clinically proven to help
- Access to learning resources to help build skills and learn to overcome challenges
- Utilizing measurement-based care with objective assessments, progress reports, and real-time video updates with care team
- Dedicated behavioral care manager

COACHING + THERAPY

Everything offered in our Coaching Care Program, plus:

- One-on-one live video sessions with therapist (in addition to coaching sessions)

COACHING + THERAPY + MEDICATIONS

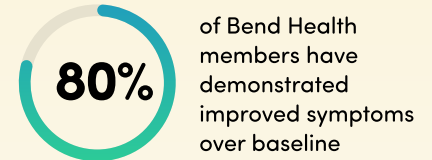
Everything offered in our Coaching + Therapy Care Program, plus:

- Comprehensive evaluation and treatment plan by a child and adolescent psychiatric provider within days
- Monthly evaluation and updates with psychiatrist, including medication management (if necessary)

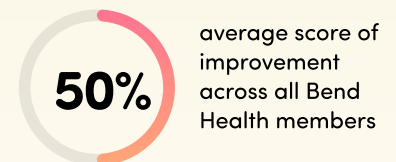
COACHING + MEDICATIONS MAINTENANCE

- Monthly check-ins with coach
- Psychiatric provider check-ins every 3 months

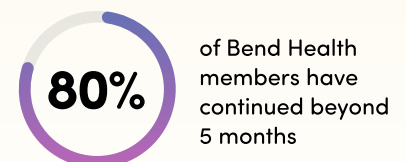
Results that speak for themselves:



“My daughter is better, it seems to be working!”



“[I was surprised] how quickly the treatment plan started and how quickly it worked.”



“I have already referred [people to] Bend Health, and they are using you now.”

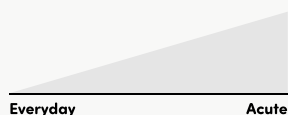
Bend Health works in care teams

Behavioral Care Manager

PSYCHOLOGY-RELATED DEGREE

Guides patients and coordinates care with internal and external care teams.

SYMPTOM SEVERITY:
N/A

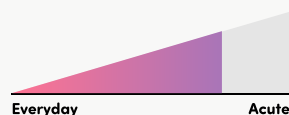


Mental Health Coach

MASTER-LEVEL OR CERTIFIED COACH

Teaches skills and the application of those skills to reach goals and make every day a little better.

SYMPTOM SEVERITY:
None to moderate.

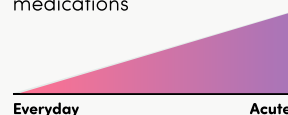


Therapist

LICENSED THERAPIST

Diagnoses patients, provides therapy with focus on past experiences, supervises teams.

SYMPTOM SEVERITY:
Symptoms not requiring medications

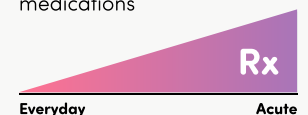


Psychiatric Provider

PSYCHIATRISTS & NURSE PRACTITIONERS

Diagnoses patients, prescribes meds, supervises teams.

SYMPTOM SEVERITY:
Symptoms benefiting from medications





“

*It's only been a few sessions,
and my child is already starting
to recognize when their anxious
thoughts might be 'false alarms.'*

– Brightline parent



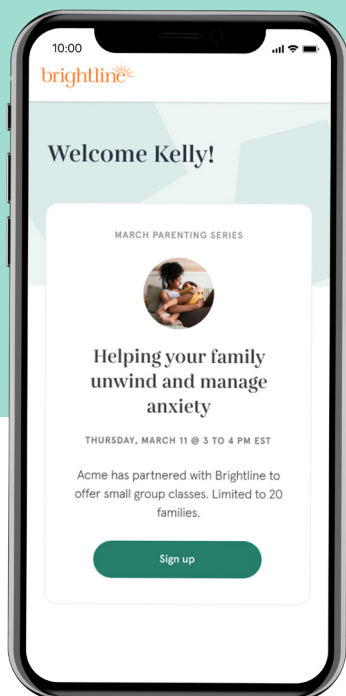
Get virtual behavioral health support for your family

Brightline's services — what's covered:

START HERE

Connect+

On-the-go access to personalized content, group classes, interactive exercises, and chat with coaches for tips and guidance



GET SUPPORT WHEN YOU NEED IT

Coaching

Programs to help tackle everyday common challenges with expert behavioral health coaches in as few as four sessions



Care

Personalized behavior therapy
and medication evaluation
& support from licensed
Brightline clinicians

Brightline is an in-network provider with Evernorth Behavioral Health, available to members based in the US. Standard OOP costs and deductibles apply.

GET STARTED AT

hellobrightline.com/benefits

Questions? Get in touch with Brightline Member Support
888-224-7332 care@hellobrightline.com

How to get started?

1

Easily and quickly sign up at
hellobrightline.com/benefits

2

Create an account and access
Brightline Connect+

3

Answer a few questions so we
can get you the right care

4

Schedule your first appointment
with no wait list

Why go with Brightline?

NO MORE QUESTION MARKS

We get you answers and support at every step, from check-ins with your child's therapist to regular progress updates.

THE RIGHT CARE AT THE RIGHT TIME

Our expert care teams work with you on personalized care plans that work for your child and for you.

VIRTUAL CARE FROM ANYWHERE

Access confidential video visits plus on-demand chats, tips & resources, and interactive exercises in Brightline Connect+.

GET STARTED AT

hellobrightline.com/benefits



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All clinical services are provided by licensed physicians and clinicians practicing within independently owned and operated professional practices. These are known as Brightline Medical Associates, PA, Brightline Medical Associates of California, Inc., Brightline Medical Associates of New Jersey, and Brightline Medical Associates of Kansas, Inc. Brightline, Inc. does not itself provide any physician, behavioral health professional, or other healthcare provider services.



Book today with Grow Therapy

Your plan has partnered with Grow Therapy
to make mental health care more accessible

How Grow Therapy works with your members



Choose their provider

Find a contracted provider that specializes in their needs.



Schedule time

Most therapists are available for appointments within two days.



Connect their way

Patients can meet providers either in-person or virtually, whichever works best for them.

growtherapy

Therapists in

Tennessee

accepting

Cigna

Talk Therapy

Free consults

Specialties

Gender

Ages

Identities

Availability

Your plan's therapists in Tennessee

Let your insurance plan help pay for therapy. Browse qualified Tennessee therapists to find the one who's right for you, then book an appointment through Grow Therapy to get a jump on your mental health journey.

Sherry Kirkpatrick (she/her)

Grow choice

LMFT

15 years experience

Virtual

In-person

Feeling the need to talk about what matters to you? Life's transitions, stressors, worries, and fears are on everybody's mind. In session, we focus on renewing, restoring, and reviving the most important person...you. I am strong in the areas of increasing your ability to become self-aware and more confident. Through therapy we can explore areas of your life that help you to...

Next available: Feb 4

View profile

Book session

Theo Carrillo (he/him)

Grow choice

LMFT

6 years experience

Open-minded

Empowering

Solution-oriented

Get started at growtherapy.com

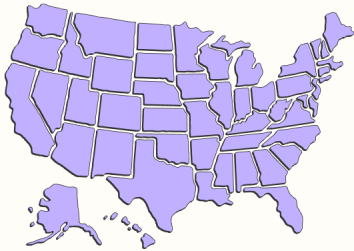
For questions, email support@growtherapy.com



Find your therapist with Grow Therapy

Grow Therapy is a national network of mental health providers. Thousands of Grow Therapy providers are in-network with your plan, and many have virtual and in-person appointments available within a few days.

Grow makes it easy to connect with affordable, quality, in-network therapy on your schedule



All 50 states
have virtual coverage

2000+ offices
across the country

Serving all ages 6 and up
including adolescents + seniors

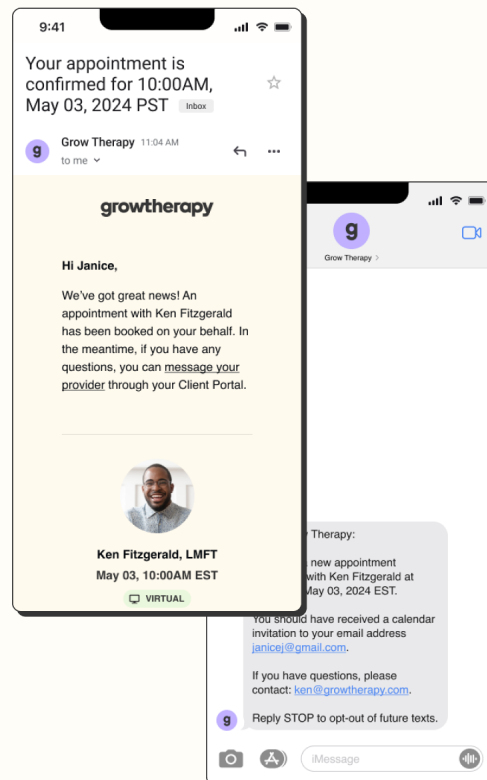
Diverse clinicians: 44% BIPOC
and 20% offering multiple languages

Your appointment is booked! What happens next?

You'll receive an email from support@growththerapy.com and a text message with confirmation of your appointment. This email will include your session login information, a link to set up your Client Portal, and details on how to get in touch with Grow Therapy directly if needed.

You can make any changes to this appointment as needed via your Client Portal once set up. We just ask that you make any changes at **least 24 hours** in advance of your appointment.

You will also receive email and text reminders for your session with helpful information to make sure you're prepared.



Contact Grow Support if you have additional questions.

The fastest way to reach the support team is by email at support@growththerapy.com. Please make sure to include "Booking Help" in the subject line. In the email, please include your name, phone number, and Member ID number.

Grow Therapy can also be reached Monday - Friday, 8am - 9pm ET at (786) 244 - 7711.