



BlueCross BlueShield
of Illinois

Get The Right Care for Your Mental Health

We know everyone's mental health journey is one of a kind.

Our Mental Health Hub can help guide you to the best care for your needs. The Hub is an online tool that provides access to mental health providers, videos, podcasts, articles and more!

It covers 200+ mental health and wellbeing topics such as:

- Anxiety
- Stress
- Resilience
- Depression
- Substance Use
- Relationships
- Parenting
- Self-care
- Eating Disorders

The Hub also features over 15 different assessments to help you learn more about your mental health, including our comprehensive Wellness Check-In Assessment. Most of them can be completed in just a few minutes. Based on your results, you will receive a list of recommended resources that match your needs. They may include counseling, self-paced programs and/or medication management.

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Wellness Check-in Assessment



This a great starting point! When you first access the Hub, you will be prompted to take the assessment. You can retake it as many times as you like to track your progress, and you can use it for covered dependents, including children.

1 in 5

**PEOPLE IN THE U.S. STRUGGLE
WITH THEIR MENTAL HEALTH¹**



Prioritize Your Mental Wellbeing

With the Mental Health Hub, you have direct access to specialized care, including the following mental health providers:

- Eating disorders – Equip
- Pediatric mental health – Manatee and Charlie Health
- Obsessive-compulsive disorders – NOCD
- Substance use disorders – Workit Health

You can also search for additional, in-network mental health providers (virtual and in-person) or check out self-led programs included with your health plan.

The Mental Health Hub is confidential and available 24/7 at no added cost to you.²



Explore it today.

Log in to **Blue Access for MembersSM** at **bcbsil.com**
or visit **bcbsil.crediblemind.com/mentalhealthhub**.
You can also scan the QR code.

Overcoming Stigma Together



Many people do not seek help because of mental health stigma. Here are a few ways to overcome it:

- Learn more about mental health.
- Care for your mental wellbeing daily.
- Share info with loved ones.
- Seek professional care, if needed.

**If you need assistance, call the number on your member ID card.
Blue Cross and Blue Shield of Illinois is here to help you.**

For medical emergencies, call 911. For mental health emergencies, call or text the 988 Suicide & Crisis Lifeline.

This is not a substitute for the independent medical judgment of a physician or other health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.

1. National Alliance on Mental Illness, Mental Health By The Numbers, April 2023

2. Standard copay and coinsurance rates will apply if you seek treatment from a provider.

Manatee, NOCD and Workit Health are mental health providers contracted with NovaOne.

The CredibleMind digital platform and the Mental Health Hub are administered by NovaOne. NovaOne is an independent company that has contracted with Blue Cross and Blue Shield of Illinois to provide member health platform and tools, mental health administration network and health information content for members with coverage through BCBSIL.

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