

# Sometimes what hurts isn't physical



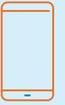
Your mental and emotional wellbeing affects every aspect of your life, from personal relationships and your physical health, to your ability to do your job.

Knowing where to go when you need mental or emotional help is the first step toward improving your mental health!

## 6 SIGNS YOU COULD BENEFIT FROM EMOTIONAL HEALTH SUPPORT

<b>1</b> Changes in sleep or eating habits	<b>4</b> Unexpected physical ailments
<b>2</b> Feeling tired all the time	<b>5</b> Low interest in social activities
<b>3</b> Growing stress caused by daily activities	<b>6</b> Increased substance use

## RESOURCES AVAILABLE TO YOU THROUGH YOUR HEALTH PLAN

SERVICE / RESOURCE	DESCRIPTION	COST	WAYS TO CONNECT	HOW TO ACCESS THE SERVICE
<b>Wellframe / Care Management Team</b>	Text with one of our highly trained behavioral health or medical care managers to ensure you receive the right level of support.	\$0	 Call  Virtual	Download the free Wellframe app (access code: excelluswelcome) or call 1-877-222-1240 (TTY: 711)
<b>24/7 Nurse Line</b>	Our specially trained registered nurses are standing by to provide fast answers and a friendly caring voice.	\$0	 Call	Call 1-800-348-9786 (TTY: 711)
<b>Find a Doctor</b>	Unsure of where to go to find a doctor to help you? You can use this tool to find therapists, specialists, doctors, dentists and more in your area!	\$0	 Virtual	Log in / create an account at ExcellusBCBS.com and use the "Find a Doctor" drop-down menu
<b>Telemedicine</b>	If your behavioral health provider is not available and/or does not offer telehealth services, you can meet virtually with a board-certified psychiatrist or licensed therapist through our telemedicine partner, MDLIVE.	Varies by plan	 Virtual	Log in / create an account at ExcellusBCBS.com and use the "Find a Doctor" drop-down menu and click on Telemedicine; or text EXCELLUS to 635483

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