



**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 new **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!

When you first access the hub, take the Wellness Check-In Assessment, which will provide a list of recommended resources based on your answers. You can retake this assessment as many times as you like to track your progress, and you can use it for covered dependents, including children, too.

### Explore it today.

1. Log in to **Blue Access for Members<sup>SM</sup>** at [bcbsil.com](https://bcbsil.com)
2. Select **Behavioral Health**
3. Choose **Mental Health Hub**

The Mental Health Hub is confidential and available 24/7 at no added cost to you<sup>1</sup>.



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

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

NovaWell 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. BCBSIL makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation,  
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

252823.0924