

Feeling worried?
Sad? Out of control?
We are here to help.



Most people have times when they don't feel their best. But when emotional struggles get in the way of normal activities or last a long time, you may need extra support.

The good news is there are many treatments and support systems available. With help, you may learn to help control your symptoms and live a fuller life.

Your student health plan includes behavioral health benefits so you can get the support you may need for issues such as:

- Alcohol or substance abuse
- Eating disorders
- Anxiety, stress or depression
- Panic disorders
- Attention deficit disorders
- Schizophrenia or other psychotic disorders
- Bipolar disorder

Behavioral health professionals from Blue Cross and Blue Shield of Oklahoma (BCBSOK) are here to help you learn where and how to get help. Call the Customer Service number on the back of your member ID card to get started.

To find a behavioral health provider in your area:

- Go to **bcbsok.com**. Select *Find a Doctor or Hospital* and follow the prompts, or
- Call the Customer Service number on the back of your member ID card if you need help finding the right provider or have questions about your benefits.

Need more help?

The resources below are also available to you and your covered dependents. Call the Customer Service number on the back of your member ID card to learn more.

myStrength

myStrength is an online tool that helps you learn skills to feel happier, reduce stress, and confidently face life's challenges, large and small. Browse hundreds of fun, easy activities designed to help you work towards optimum mental and physical well-being.

Blue Access for MembersSM and the BCBSOK App

View coverage details, request ID cards, check claims status or learn about health and wellness from your mobile device or computer.

Virtual Visits

Virtual visits provide you with care with access to board-certified doctors and licensed therapists 24 hours a day, seven days a week. Treatment for nonemergency medical conditions or behavioral health needs can take place via online video, mobile app, or phone.

24/7 Nurseline

Call a registered nurse toll-free, around the clock. You can also learn about hundreds of health topics through an audio library system. Available in English and Spanish.

Well onTarget[®]

This online wellness portal offers a health assessment, online courses (like stress management), tools and trackers. Visit **wellontarget.com** to learn more.



AcademicBlue is offered by Blue Cross and Blue Shield of Oklahoma, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

myStrength, Inc. is an independent company that provides behavioral health resources for the fully insured student health plans of Blue Cross and Blue Shield of Oklahoma.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).