

# You Are Not Alone

Sometimes asking for help can be the hardest thing to do. If you feel you may have a mental health or substance use condition, **don't be afraid to ask for help**. MVP is by your side to make sure you have access to the care and support you need.



## Talk to your Primary Care Provider (PCP)

This can be a good starting point, but you **do not need a referral** from your PCP to see a behavioral health (BH) provider.



## Find a BH Provider, Nationwide

To browse a wide network of doctors and facilities in our network that accept your coverage, visit [mvphealthcare.com/FindADoctor](https://mvphealthcare.com/FindADoctor). *Sign In* before you search so your results are personalized to your location, plan, and member details. To find a BH provider that participates with your plan, use the *Doctors by Specialty* or *Places by Type* search options.

Find BH providers nationwide through the Evernorth Behavioral Health network (a subsidiary of Cigna), and with First Health/MagnaCare\*. Both networks are available for you to use outside of the MVP service area.

**Member Tip:** Have your MVP Member ID card with the Evernorth or First Health/MagnaCare logo ready to show your out-of-area provider. Providers may call the number on the back of your MVP Member ID card to confirm eligibility.



## Access the MVP Behavioral Health Care Program

MVP's Case Management program allows you to talk to a licensed BH clinician over the phone. Case managers can help you find in-network outpatient therapists and connect you with social services and other support resources. Call MVP at **1-866-942-7966** or visit [mvphealthcare.com/behavioralhealth](https://mvphealthcare.com/behavioralhealth) to learn more.

**See reverse side for information about accessing virtual care for BH services.**

**Call, text, or email for free, confidential support**

**MVP Crisis Hotline**  
1-833-787-9687

**National Alliance on Mental Illness (NAMI) Help Line**  
1-800-950-NAMI (6264)  
[info@nami.org](mailto:info@nami.org)

**Crisis Text Line**  
Text HELLO to 741741

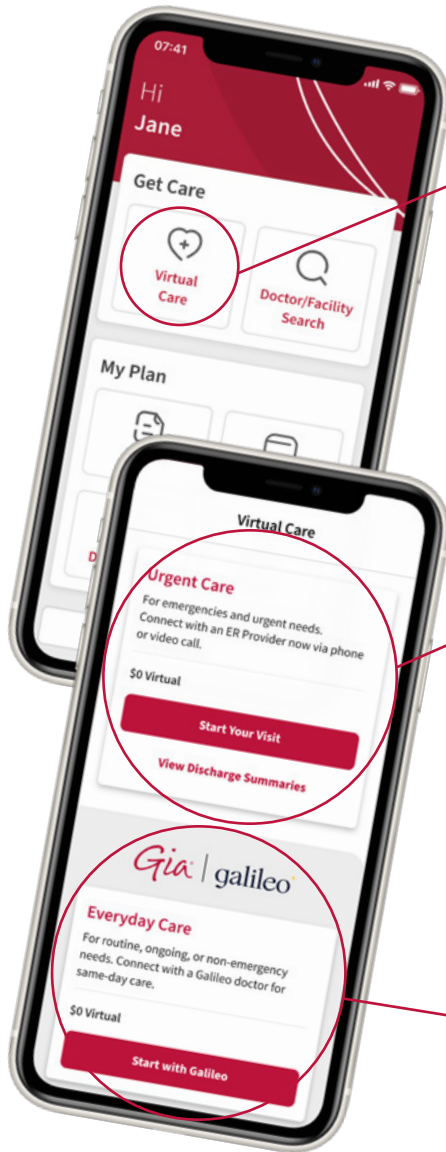
**988 Suicide and Crisis Lifeline**  
Call/Text/Chat: 988  
Or, call 1-800-273-TALK (8255)

\*The Evernorth and First Health/MagnaCare Behavioral Health Networks are not available on all plans. If you are not sure if you have access to this network, check with your Health Benefits Administrator or refer to your plan documents.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties

# Start with Gia®: 24/7 Care from Home or Anywhere

The *Gia* by MVP mobile app is available 24/7 and quickly connects you to a doctor via text, video, or phone call.



## Step 1

Open the Gia app and select *Virtual Care*.

## Step 2

### Urgent/Emergency BH Services

For urgent care or emergencies, our urgent virtual care partner, UCM Digital Health (UCM), can dispatch an ambulance and/or make sure you get to the emergency room if needed. This is available to all MVP members.

### Everyday Care

For moderate BH needs like managing anxiety, depression, or alcohol/substance use, our virtual primary care partner, Galileo, offers a BH therapy program. This is available to all MVP members age 18 and older.

For more details about accessing BH services through Gia, visit [mvphealthcare.com/virtualBH](https://mvphealthcare.com/virtualBH).



To get started, scan the code, or visit [GoAskGia.com](https://GoAskGia.com) to download the *Gia* by MVP mobile app.

**MVP offers additional options for members to access virtual BH support including:**

### myVisitNow

Download the myVisitNow app, visit [myVisitNow.com](https://myVisitNow.com), or call 1-855-666-9557.

### Brave Health

Visit [bebravehealth.com](https://bebravehealth.com) or call/text 646-766-8303.

### Array Behavioral Care

Visit [arraybc.com](https://arraybc.com) or call 1-800-442-8938.

### aptihealth

Visit [aptihealth.com](https://aptihealth.com) or call 1-888-454-3827.

### Valera Health

Visit [valerahealth.com](https://valerahealth.com).

### Ophelia Medical Group

Visit [Ophelia.com](https://Ophelia.com) or text 215-585-2144.

For more details including services offered and age requirements, visit [mvphealthcare.com/virtualBH](https://mvphealthcare.com/virtualBH).