



## Feel Better with HMSA's Behavioral Health Program

If you have a behavioral health condition, barriers to seeking therapy can get in the way of feeling better. Your HMSA plan may be able to help with conditions like depression, anxiety, alcohol and substance use, post-traumatic stress disorder, eating disorders, and more.

Magellan Hawai'i consists of Hawaii state-licensed behavioral health clinicians and support staff on Oahu and the Neighbor Islands. Magellan Hawaii will work with HMSA's Model of Care and Health Coordination to ensure you have the support you need.

### How the program works

We've partnered with Magellan Hawai'i to offer eligible members services such as:

- Help choosing a behavioral health provider.
- Referrals to behavioral health resources and services.
- Condition-specific education for members and support resources for their loved ones.
- Referrals to an HMSA Case Manager.

To find out if you're eligible to participate in the program, check your *Guide to Benefits* or call us at the number on the back of your HMSA membership card.

To arrange for an appointment with a behavioral health provider, call Magellan Hawai'i at (808) 695-7700 or 1 (855) 856-0578 or HMSA's Health Coordination Services at (808) 948-6997 or 1 (844) 223-9856.

If you're having an emergency and are in immediate danger of harming yourself or others, call 911 or go to the nearest hospital.

Magellan Healthcare, Inc., doing business as Magellan Hawai'i, reviews mental health and/or substance use disorder treatment for HMSA members.



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# HMSA BEHAVIORAL HEALTH PROGRAM



When you're on the front line of emergencies, stress and anxiety come with the territory. Dealing with constant high emotions can take a toll on your overall health. The HMSA Behavioral Health Program can give you the tools you need to cope with those emotions.

## How the program works

We've partnered with Magellan Hawai'i to ensure that your emotional health is at its best. Call Magellan Hawai'i for:

- Referrals to behavioral health care providers, resources, and services.
- Condition-specific information and resources.

When you need extra support, HMSA's case managers are here to help you. Magellan Hawai'i may refer you to an HMSA case manager to provide advice, help you find services, create a treatment or recovery plan, and more. Case managers also work with your doctors, behavioral health care providers, and other providers to make sure that everyone understands your needs, challenges, and goals.

## Is case management right for you?

Case management services, managed by HMSA's Model of Care and Health Coordination, can help if you:

- Have trouble getting the care that works best for you.
- Have been in the hospital for mental health or substance use conditions.
- Have mental health or substance use issues and/or medical issues.
- Need help following your doctor's or specialty care provider's instructions.

To arrange for an appointment with a behavioral health provider, call Magellan Hawai'i at (808) 695-7700 or 1 (855) 856-0578. For case management questions, call HMSA's Health Coordination at (808) 948-6997.

If you're having an emergency or are in immediate danger of harming yourself or others, call 911 or go to the nearest emergency room.

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