



## HMSA's 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.

Carelon Behavioral Health<sup>SM</sup> (formerly known as Beacon Health Options) consists of Hawaii state-licensed behavioral health clinicians and support staff on Oahu and the Neighbor Islands.

### How the program works

We've partnered with Carelon Behavioral Health to ensure that your emotional health is at its best. Call Carelon for:

- Referrals to behavioral health care providers, resources, and services.
- Condition-specific information and resources.
- A 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 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 learn more about the program, call Carelon Behavioral Health at (808) 695-7700 or 1 (855) 856-0578.

For details about your benefits, go to [hmsa.com/eutf](https://hmsa.com/eutf) to download your *Guide to Benefits*. 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.

Carelon Behavioral Health<sup>SM</sup> is an independent company providing behavioral health utilization management and quality improvement services on behalf of HMSA.

