

# Provider Resources for Behavioral Health







## FirstCare Health Plans members have access to confidential, convenient online therapy and psychiatry.

To simplify the process and ease the burden on primary care providers, FirstCare teamed up with MDLIVE's virtual behavioral health services to provide a wide array of assistance—from self-led computerized Cognitive Behavioral Therapy to a national network of licensed counselors and board-certified psychiatrists.

**Please consider recommending MDLIVE as a viable solution in meeting the behavioral healthfull-care needs for your FirstCare patients. This improves access, removes barriers to treatment and reduces medical costs and lost productivity.**

### A better solution

-  National NCQA-credentialed network of experienced counselors and psychiatrists
-  On average, members with comorbid medical and treated behavioral conditions show a savings of \$50 PMPM<sup>3</sup>
-  Virtual guidance tools, assessments, and self-led options including computerized Cognitive Behavioral Therapy to drive utilization and engagement
-  Average turnaround time of 14 days to see a psychiatrist and 5 days to see a counselor for initial visits

### Common conditions

- Addictions
- Bipolar disorders
- Depression
- Eating disorders
- Grief and loss
- Life changes
- Panic disorders
- Parenting issues
- Postpartum depression
- Stress / Anxiety
- Trauma and PTSD

Member Access  
to  
MDLIVE:



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**1-800-718-5082**