

# Your mental health matters

Support to feel your best



**Your mental health is just as important as your physical health.** Your Florida Blue Medicare plan includes support from a team of behavioral health and mental health specialists who will help you get the care you need to be your best self.



Our Integrated Behavioral Health Case Management program can help you get the support you need to **improve your mental health and improve your well-being.**



The team includes behavioral health nurses and licensed clinical social workers. They can **help you over the phone or through a video call.**



Your Florida Blue Medicare health plan covers this service at **no extra cost to you.**

Don't wait to get help. Call the Case Management team today to see how **we can help support your health goals.**

## 1-800-955-5692

Option 1, then Option 2  
8 a.m.–5 p.m., Monday–Friday

**Using compassionate and attentive listening skills, our behavioral health specialists can help you with:**

- Managing stress
- Problem solving
- Coping skills
- Supportive guidance
- Caregiver resources
- Help with referrals or scheduling with a psychiatrist or counselor
- Education and health coaching