

Stay Healthy With Our Support

Behavioral Health Program



You aren't alone. Your health plan's Behavioral Health program provides expert guidance and customized resources that connect you to the care you need. This phone-based benefit is available at no cost to you.

Personalized Care Planning

Our behavioral health team – including licensed professional counselors and registered nurses – can help develop a care plan for a range of concerns. These include, but aren't limited to, depression, anxiety, post-traumatic stress disorder, and substance abuse and addiction. We follow HIPAA regulations to protect your medical privacy.

What to Expect

Your designated Imagine360 clinician will help:

- Explain your condition
- Make sure you effectively use your plan benefits
- Locate community resources right for you
- Coordinate a treatment plan
- Provide caregiver support and resources
- Support you until your healthcare need is met

Get Started

Call the member number on your Benefits ID card. Or email mycoach@imagine360.com.

Are you or someone you know thinking about suicide? **Call or text 988** for 24/7 support that's confidential and free. If a situation is life-threatening, **call 911**.

**Participation in this program is optional and you can change your level of participation anytime. This program is for educational purposes only and isn't a substitute for medical or mental health advice. If mental health conditions are impacting your health, reach out to your primary care provider or a mental health professional such as a counselor, psychologist, social work or psychiatrist. For more information regarding your rights and responsibilities with this program, refer to your health plan's website or call the number on your Benefits ID card.*

24/7 access to your health benefits: miBenefits.imagine360.com

We're here to help. Call the number on your Benefits ID card.
Mon - Thurs: 7 a.m. – 9 p.m. CT | Fri: 7 a.m. – 7 p.m. CT

