



Behavioral Health Service Options

Effective 1/1/2021

See Program Guide or Health Plan Benefits Summary for Details

Cigna

High-option members - \$30.00 copay per visit (in-network) includes video visits

Low-option members – \$35.00 copay, deductible waived (in-network) includes video visits

Contact the below for in-network providers

1.800.244.6224 or <https://my.cigna.com/web/public/guest>

BlueCross BlueShield of NM (BCBSNM)

To obtain benefits for Outpatient Services related to Behavioral Health and Alcoholism and /or Substance Abuse, please call **1-888-898-0070**

High-option members - \$30.00 copay per visit (in-network) includes video visits

Low-option members – \$35.00 copay, deductible waived (in-network) includes video visits

Video Visit – MD Live \$0 copay <https://www.bcbsnm.com/nmpsia>

Video Visit includes a behavioral health component.

Presbyterian Health Plan (PHP)

To obtain benefits for Outpatient Services related to Behavioral Health and Alcoholism and /or Substance Abuse, please call **(505) 923-5470 or 1-800-453-4347**

High-option members - \$30.00 copay per visit (in-network) includes video visits

Low-option members – \$35.00 copay, deductible waived (in-network) includes video visits

Talk Space Messaging Therapy \$0 copay

Go to www.talkspace.com/php to access the program

On to Better health – Virtual Therapy Session \$0 copay

Go to www.ontobetterhealth.com/php

NM Connect Crisis and Access Line – open to anyone at anytime – no cost

24/7/365 **1-855- NMCrisis (662-7474)** nmcrisisline.com

