

BCBSMI

1. 2nd MD is offering a FREE program to help you with counseling questions and making sure you are receiving the best medication/counselor/therapy that is best for you.

Phone: 1-866-841-2575 (Speak with a care team member)

Visit: www.2nd.MD/WMHIP (Request a consultation)

2. Livongo is offering a FREE program called My Strength through 12/2020 at for any employee and dependent on our BCBSMI health insurance. The program has resources to help you manage heightened stress and uncertainty brought on by COVID-19.

Visit: bh.mystrength.com/bcbsmcvd19 (Create an account)

HelpNet

1. Free to employee/dependents and anyone living under your roof (even if not related to you).

Phone: 1-800-523-0591 Kalamazoo local number.

Visit: www.helpnet.com

User name: KRESA no password required

Success Coach - Betsy Sanchez (Newsletter and information attached)

1. Free to employee

Phone: 269-270-2038 (cell #)

Visit: Betsy@ERNSuccessCoach.com

