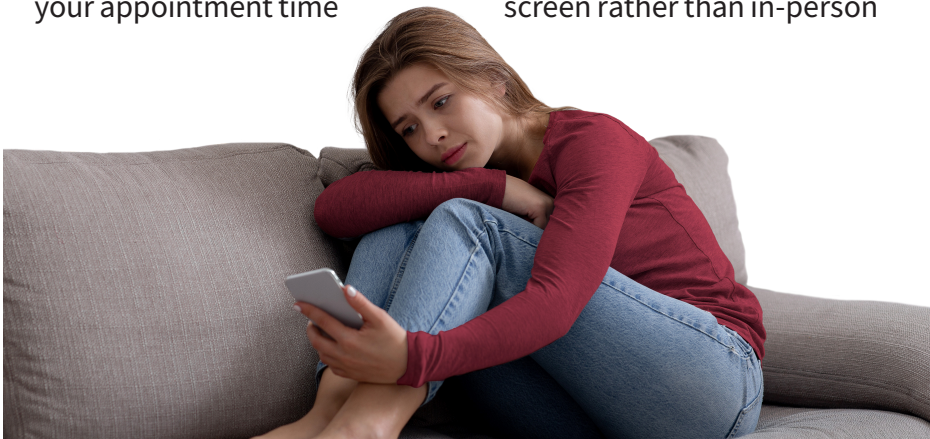


# Using Virtual Care for Behavioral Health

Your behavioral health is just as important as your physical health. If your mental or emotional health is suffering, it can affect your physical health and your overall quality of life. But it can be hard to find time for in-person visits to help treat mental health conditions or substance use issues. However, virtual care visits, like online video counseling, can help people get the support they need.

Virtual care for behavioral health offers lots of benefits:

- Scheduling may be more flexible, so you can choose times that work best for you
- You don't have to travel to an office or wait in crowded spaces until your appointment time
- You can use your own device in your own home (or wherever you are), which may help you feel more comfortable
- Some people find it easier to talk to a therapist on a screen rather than in-person



MVP is always trying to grow our network of providers to better serve our members. To find other behavioral health care providers that offer virtual care, in-person care, or both, visit [mvphealthcare.com/findadoctor](https://mvphealthcare.com/findadoctor) and enter “behavioral health” in *Doctors by Specialty*.



If you or someone you know is having suicidal thoughts or is in emotional crisis, call, text, or chat 988.

MVP has several **virtual care-only** behavioral health providers in your network\* and continues to add more. Below are a few options.

## **aptihealth**

[aptihealth.com](https://aptihealth.com)  
1-888-454-3827

## **Array Behavioral Care**

[arraybc.com](https://arraybc.com)  
1-800-442-8938

## **Brave Health**

[bebravehealth.com](https://bebravehealth.com)  
646-766-8303 (call or text)

## **Ophelia Medical Group**

[Ophelia.com](https://Ophelia.com)  
215-585-2144 (text)

## **Valera Health**

[valerahealth.com](https://valerahealth.com)  
646-450-7748

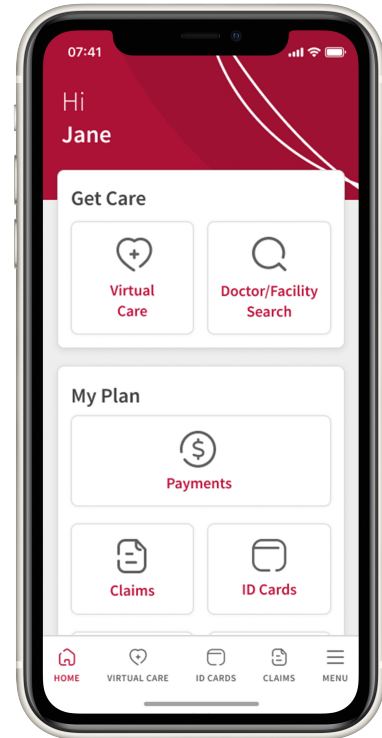
To learn more about the services they offer, visit [mvphealthcare.com/VirtualBH](https://mvphealthcare.com/VirtualBH).

*\*Cost-share may apply, please refer to your Certificate of Coverage, Evidence of Coverage, or plan contract for more information.*

# Start with Gia<sup>®</sup> for Behavioral Health



The *Gia by MVP* mobile app is available 24/7 and quickly connects you to a doctor via in-app messaging, video, or phone call. Scan the QR code to download the *Gia by MVP* mobile app or visit [mvphealthcare.com/GetGia](https://mvphealthcare.com/GetGia).



## myVisitNow

If you need ongoing support or medication for conditions like anxiety, depression, trauma, or addiction, our virtual care partner, myVisitNow, lets you speak with a behavioral health professional online.

Therapy services are available to MVP members ages 12 and older. Medication management is available to MVP members ages 18 and older.

Access myVisitNow through the *Gia by MVP* mobile app by tapping *Virtual Care*, then *Behavioral Health Care*. For more information, visit [mvphealthcare.com/VirtualBH](https://mvphealthcare.com/VirtualBH).

If you are an MVP member with an existing behavioral health provider relationship through myVisitNow, you can continue to access these services directly through the myVisitNow app, visiting [myvisitnow.com](https://myvisitnow.com), or calling **1-855-666-9557**.

MVP virtual care services through Gia are available at no cost-share for most members. In-person visits and referrals are subject to cost-share per plan. Members' direct or digital provider visits may be subject to co-pay/cost-share per plan.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

MVP Health Plan, Inc. complies with Federal civil rights laws. MVP Health Plan, Inc. does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex (including sexual orientation and gender identity).

This information is available in other formats for members with special needs or who speak a language other than English. Please call us at 1-844-946-8010 (TTY/TTD 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-946-8010 (TTY 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-844-946-8010 (TTY 711).