



# Easy access to outpatient behavioral health care

*Dealing with a mental health or a substance use concern isn't easy.  
Finding the right care should be.*

Whether you're dealing with anxiety, depression or other mental health concerns, or having difficulty controlling the use of legal or illegal drugs or alcohol, we're ready to help.

Your Blue Cross Blue Shield of Michigan or Blue Care Network plan now includes Quartet — a free resource that can help you and eligible family members 18 and older, living in Michigan, easily connect to outpatient behavioral health care.

## Getting started is easy as 1, 2, 3.

### 1 Complete an assessment.

Answer a few questions online or by phone so Quartet can understand your needs.

- **Online:** Visit [quartethealth.com/get-care/MI/BCBSM](https://quartethealth.com/get-care/MI/BCBSM) or scan the QR code.\*
- **By phone:** Call 1-877-258-4010 from 9 a.m. to 6 p.m. Eastern time.



### 2 Get help finding the perfect provider match.

Quartet will provide you with a list of behavioral health providers to choose from, such as a psychologist, psychiatrist or clinical social worker, based on your preferences, personal needs and health plan benefits.

### 3 Make an appointment\*\*

Choose the provider you'd like to see and schedule an appointment. Quartet will reach out one week after the initial appointment to make sure the provider is a good fit and re-match if necessary.

**Let Quartet do the legwork to easily connect you to the care you need.**

\*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control the Quartet website. Quartet is an independent company contracted by Blue Cross Blue Shield of Michigan to provide behavioral health services for Blue Cross Blue Shield of Michigan and Blue Care Network members.

\*\*Subject to health plan cost share for outpatient behavioral health visits.

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