



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Teladoc
HEALTH



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of Michigan

Confidence comes with every card.®

Blue Cross gives you the emotional health support you want and deserve

Blue Cross Blue Shield of Michigan's and Blue Care Network's Mental Health Self-Guided Support program offers a flexible and convenient digital program from Teladoc Health® with proven tools and dedicated support for stress, depression, sleep and more.

Mental Health Self-Guided Support empowers you with:

At no cost
to you



A personalized plan. Answer a series of questions and Teladoc Health will create a plan designed just for you.



Recommended digital content and resources. Explore self-guided activities and tools based on your goals and needs.



In-the-moment tools. Calm yourself down, shift your thinking, get inspired and feel more hopeful.

Teladoc Health takes your privacy seriously. Your health information is protected by federal and state laws, including HIPAA.

Get started

You can join by visiting teladochealth.com or call 1-800-835-2362 and use your registration code, **BLUECROSSMI-START**.

Teladoc Health is not a health care provider and does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc. See the [Terms of Service](#) for more information.

Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a tablet or phone.

The program is offered at no cost to members and covered dependents with coverage offered through your Blue Cross Blue Shield of Michigan health plan.

We take your privacy seriously. Your identifiable health information, like blood sugar readings, are protected through federal and state laws, including Health Insurance Portability and Accountability Act (HIPAA), and will not be shared with any third party in a manner that violates federal or state law. Teladoc Health is an independent company that provides chronic condition management services on behalf of Blue Cross Blue Shield of Michigan and Blue Care Network. ©1996-2024 Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.