



Behavioral Health

-our integrated approach-

Health Options believes in the integration of mental health, substance use disorder, and primary care services as the most effective approach to caring for Members with multiple healthcare needs.

We partner with healthcare providers and mental health and substance use disorder specialists to ensure timely access to preventive care services, peer support, tobacco cessation benefits, lifestyle modification, and care management of chronic conditions.

Our network of mental health providers and substance use disorder specialists are available to see Members when they need them most.

Many of our plans provide coverage for you to see an in-network behavioral health provider with no out-of-pocket costs for the first three outpatient visits each year.*

Plans provide benefits for inpatient, outpatient, and day treatment program services for mental health and substance use disorders when you receive them from an in-network provider. When choosing your providers and treatment facilities, it is best to stay as close to your community as possible, so that your supports are near you when you need them. Benefits, cost-sharing, and a care management approach are the same for behavioral health services as for other medical or surgical coverage.

*not available on HSA-compatible plans

Promoting health and wellness is integral to a whole-person approach to care.

While we offer resources to support a wide array of lifestyle challenges, we place a high priority on tobacco cessation, supporting unlimited tobacco cessation attempts.

Health Options makes it easier for individuals who are thinking about, or are ready to quit smoking or using tobacco products.

We offer, promote, and provide access to comprehensive tobacco cessation benefits with no out-of-pocket expense for education, counseling, and over-the-counter nicotine replacement therapy (NRT) products when prescribed by an in-network provider. Over the counter NRT products include nicotine patches, gum, and lozenges. We also cover two 90-day treatment regimens per calendar/plan year at \$0 out-of-pocket cost for FDA-approved medications that are listed on our Formulary. Please see the list of approved programs and medications on the Community Health Options website at HealthOptions.org.

We understand that Members value services provided within their own communities. Health Options is committed

to working closely with your local, in-network providers and their care management teams (nurses, social workers,

and other healthcare professionals) who know how to best access community resources.

HealthOptions.org | (855) 624-6463

For more detailed information about our health plans or to review our Member Benefit Agreement and Schedule of Benefits, Provider Directory, Prescription Formulary, or Privacy Notice, please visit our website at HealthOptions.org. If you do not have access to computer or internet services, please call (855) 624-6463. A Member Services Associate will be happy to provide you with printed copies and answer any questions you may have.

Community Health Options complies with applicable Federal civil rights law and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le (855) 624-6463 (TTY/TDD: 711)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (855) 624-6463 (TTY/TDD: 711)