



OREGON

Regence



BEHAVIORAL HEALTH PROGRAM

More ways to get care and support

Today's businesses face unprecedented behavioral health challenges, including employee burnout. Since you rely on productive employees at their best health, we've designed a behavioral health program with a range of solutions to meet their needs. From virtual therapy to personalized care management, Regence makes support simpler, easier and more accessible—so everyone on your team can get the right level of care at the right time.

Easier access

Programs are only valuable if your employees use them. That's why we're going beyond traditional services to meet your employees where they are with a wide range of support options. In addition to the programs listed below, your employees can find mental health resources and care options at regence.com/go/mental-health.



According to the Centers for Disease Control and Prevention (CDC), 1 in 5 Americans experience a mental health issue every year.

Virtual visits

Make getting mental health support more convenient. Whether your employees work from home, in the office or somewhere in between, they can have a phone or video visit with a licensed behavioral health specialist anytime, anywhere—and even get a prescription sent to their pharmacy.

Built-in support

Give your employees a helping hand during life's rough patches with our Employee Assistance Program. From relationship issues and anxiety to financial stress, this optional program puts professional help in your employees' hands, including counseling sessions, peer group support, legal help and 24-hour crisis help.

Strong network of providers and partners

Empower your employees to get the help they need with access to more providers and partners who offer specialized care for issues like substance use disorder, eating disorders and many more.

Self-guided care

Make it easy for your employees to get on the path to better overall health with self-guided tools and resources. Our well-being program, Regence Empower™, offers employees a holistic Health Assessment, connects them with fitness and tracking technology, and matches them with healthy living activities.


Ongoing support

Ensure that employees who are discharged from the ER for a mental health condition receive a treatment plan for ongoing support. And that employees who discharge from acute hospital settings have timely follow-up appointments.

Educational resources

Give employees and their families access to in-depth behavioral health information through the Healthwise Knowledgebase.

Services vary by plan.


25% **The World Health Organization (WHO) reports that since the COVID-19 pandemic began, anxiety and depression have increased 25% worldwide.**

Simplifying care

We're removing barriers to mental health support so it's quicker and easier for your employees to get the support they need.

Care advocates

Give your employees a single point person who offers support, encouragement and resources to improve their ability to make informed health care decisions. Care advocates can help employees navigate their care options, connect them with a mental health assessment, answer benefit questions, research providers and even schedule appointments.

Care management

Make it easier for employees with chronic or acute health challenges to get the specialized care they need for their mental and physical health. With a single licensed behavioral health clinician guiding them, they'll have an advocate with a holistic view of their health who does the heavy lifting of coordinating care conversations, making appointments and facilitating recommendations.

Identification and early intervention

Empower primary care providers with a toolkit to assess behavioral health needs and recommend self-care practices or medical treatment options.

Targeted outreach

Make sure employees who are at risk for or have acute, complex or chronic health conditions have access to programs and services to get and stay healthier. Regence uses health care data and predictive analytics to identify at-risk employees and provide targeted programs for their care.

24/7 nurse advice

Give employees round-the-clock access to nurses over the phone to answer medical or mental health questions and point them in the right direction for support.

Services vary by plan.

Care advocates

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If you have any questions, reach out to your producer or Regence sales representative.



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