**Subject: Online cognitive behavioral therapy available through Asuris**

Our Asuris health plan offers access to several options for help coping with stress, anxiety, and many other behavioral health conditions. [**AbleTo**](https://www.ableto.com/), a virtual (telehealth) provider offers Cognitive Behavioral Therapy (CBT) on the phone or computer to help manage stress and anxiety symptoms and improve overall quality of life.

CBT is a type of talk therapy that focuses on identifying and changing negative thought patterns and behaviors that contribute to stress and anxiety. Working with a trained therapist, you can learn practical skills and strategies to help you cope with stressful situations and regain control over your thoughts and emotions. Additionally, CBT can help you develop a more positive and balanced perspective on life, allowing you to feel more confident and resilient in the face of your daily challenges.

AbleTo’s Therapy+ program consists of an 8-week series of one-on-one CBT sessions with a licensed therapist through phone or computer, combined with digital support between sessions. The program is available for people ages 18 and up. No referral is needed, and you can visit **AbleTo.com** or call 1-866-287-1802 to schedule an appointment.

**Learn more about behavioral health care covered by Asuris**

Our Asuris plan offers access to a wide range of other behavioral health providers and solutions you can access confidentially, including convenient virtual care and in-person therapy. You can find the complete list of providers in the Asuris network by signing-in to [**Asuris.com**](http://www.regence.com) and clicking **Find care**, then **Find behavioral health support**. Or, call Customer Service at the number on the back of your Asuris member ID card for help finding a provider.

[Optional for employers] If you’re having a mental health or substance use emergency, call 988 to reach the National Suicide Prevention Lifeline, which provides free, confidential, 24/7 support to anyone who’s depressed, needs to talk or is thinking about suicide.

Sincerely,

[Employer email signature]

**Subject: Access timely, convenient psychiatric care, covered by Asuris**

Our Asuris health plan includes several options for help treating a wide range of mental health conditions. One provider, [**Array**](https://arraybc.com/)**,** specializes in telepsychiatry—counseling services delivered over phone or video—making accessing care convenient and timely. Array’s clinicians can diagnose and treat a wide range of mood, anxiety, substance use, attention, eating and sleep disorders. In addition, Array’s psychiatrists can prescribe medication, perform physical exams and order diagnostic tests as part of a patient’s care.

Treatment from Array is available for people ages 5 and up. No referral is needed, and you can visit **arraybc.com** to see their clinicians’ schedules and schedule an appointment, or call 1-800-442-8938.

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Sincerely,

[Employer email signature]

**Subject: Behavioral health care for teens and young adults, covered by Asuris**

Our Asuris health plan offers access to several care options for help coping with stress, anxiety, and other common behavioral health conditions. It is often difficult for parents to find care for young people in need of acute care. [**CharlieHealth**](https://www.charliehealth.com/), offers personalized intensive mental health care specifically for adolescents, teens and young adults.

CharlieHealth’s evidence-based treatment programs, combine personalized care with peer support to foster long-term healing. Treatment is available for people ages 11-34. More than 90% of patients see improvement in their most serious symptoms. No referral is needed to get treatment and scheduling is easy. Visit [**CharlieHealth.com**](https://www.charliehealth.com/) or call 206-401-5787.

**Learn more about behavioral health care covered by Asuris**

Our Asuris plan offers access to a wide range of other behavioral health providers and solutions, including convenient virtual care and in-person therapy. You can find the complete list of providers in the Asuris network by signing in to [**Asuris.com**](http://www.regence.com) and clicking **Find care**, then **Find behavioral health support**. Or, call Customer Service at the number on the back of your Asuris member ID card for help finding a provider.

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Sincerely,

[Employer email signature]

**Subject: Behavioral health care for eating disorders, covered by Asuris**

Our Asuris health plan offers access to several treatment options for behavioral health conditions. Eating disorders—such as anorexia, bulimia, binge eating—often coincide with anxiety, depression and obsessive-compulsive disorder. One provider, [**Equip**](https://equip.health/)**,** offers effective, evidence-based treatment for eating disorders and the other mental health issues that may also be present.

Each Equip patient is supported by a five-person care team, including a therapist, medical provider, dietitian, family mentor and peer mentor. The team combines clinical expertise with real-life experiences with eating disorders to give each patient the comprehensive support they need to achieve lasting recovery.

Whether you’re seeking care for yourself or a loved one, no referral is needed to get treatment. You can visit [**equip.health**](https://equip.health/) or call 1-855-933-2438 to learn more, request a consultation and complete a brief eating disorder screening to get started.

**Learn more about behavioral health care covered by Asuris**

Our Asuris plan offers access to a wide range of other behavioral health providers and solutions, including convenient virtual care and in-person therapy. You can find the complete list of providers in the Asuris network by signing-in to [**Asuris.com**](http://www.regence.com) and clicking **Find care**, then **Find behavioral health support**. Or, call Customer Service at the number on the back of your Asuris member ID card for help finding a provider.

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Sincerely,

[Employer email signature]

**Subject: Care for treating obsessive-compulsive disorders, covered by Asuris**

Our Asuris health plan offers access to several treatment options for a wide range of behavioral health needs. [**NOCD**](https://www.treatmyocd.com/), a virtual telehealth provider, specializes in treatment of obsessive-compulsive disorders (OCD).

Symptoms of OCD can occur when a person performs compulsive, repetitive actions as a way to cope with anxiety caused by intrusive, negative thoughts and feelings—called obsessions—they’re experiencing. Without treatment, OCD can be highly disruptive, and can take over a person’s life.

Fortunately, OCD is highly treatable. NOCD offers an effective approach to treatment through proven therapies, medications, or a combination of both. There’s no referral needed to get treatment, and you can request an appointment and learn more about OCD symptoms and treatment options by visiting [treatmyocd.com](http://www.treatmyocd.com).

**Learn more about behavioral health care covered by Asuris**

Our Asuris plan offers access to a wide range of other convenient virtual care solutions and in-person therapy providers for behavioral health. You can find the complete list of providers in the Asuris network by signing in to [**Asuris.com**](http://www.regence.com) and clicking **Find care**, then **Find behavioral health support**. Or, call Customer Service at the number on the back of your Asuris member ID card for help finding a provider.

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Sincerely,

[Employer email signature]

**Subject: Help finding the right behavioral health treatment covered by Asuris**

It’s not always easy to know what kind of provider or therapy best matches each person’s behavioral health need. Our Asuris health plan includes access to several options for help treating a wide range of conditions, but for people who don’t know where to start, two solutions specialize in matching them with provider options.

[**Headway**](https://www.headway.co) helps people understand their treatment needs, find in-network providers and schedule therapy appointments based on their personal preferences. No referral is needed for treatment, and you can learn more and get started at [**https://www.headway.co**](https://www.headway.co).

[**Quartet**](https://www.quartethealth.com) is another solution that helps make it easier for people to get the best mental health care for their needs. Based on each person’s preferences and clinical needs, Quartet matches them with in-network therapists and psychiatrists for in-person or telehealth treatment, or self-guided online programs. There’s no referral needed, and you can learn more and get started at [**https://www.quartethealth.com**](https://www.quartethealth.com)**.**

**Learn more about behavioral health care covered by Asuris**

Our Asuris plan offers access to a wide range of other convenient virtual care solutions and in-person therapy providers for behavioral health. You can find the complete list of providers in the Asuris network by signing-in to [**Asuris.com**](http://www.regence.com) and clicking **Find care**, then **Find behavioral health support**. Or, call Customer Service at the number on the back of your Asuris member ID card for help finding a provider.

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Sincerely,

[Employer email signature]

**Subject: Treatment for substance use disorders covered by Asuris**

Our Asuris health plan includes access to several options for help treating substance use disorders. Often the quickest way to get help is with telehealth, where patients can receive treatment from a licensed therapist through video, phone, text messaging, or a combination of all three.

[**Boulder**](https://www.boulder.care/), a telehealth solution included with our Asuris health plan, specializes in online treatment for substance use disorders, including opioids and alcohol. Boulder’s approach to care can include medication-assisted treatment with high-quality medical care and recovery support. No referral is needed for treatment, and you can visit [**boulder.care/**](https://www.boulder.care/) or call 1-866-901-4860 to learn more and request an appointment.

[**Eleanor Health**](https://www.eleanorhealth.com/) provides personalized telehealth and in-person (in Seattle and Everett) treatment for substance use disorders. Treatment from Eleanor Health may also include medication to safely detox from alcohol or opioids and manage cravings, at-home drug testing and therapy for other mental health conditions. Visit [**eleanorhealth.com**](https://www.eleanorhealth.com) or call 1-866-465-0590 for treatment.

[**Hazelden Betty Ford**](https://www.hazeldenbettyford.org/) offers inpatient, outpatient and telehealth options for substance use disorder treatment and recovery. Whether in an inpatient, outpatient or telehealth setting, each patient’s personalized treatment program may include care from doctors, nurses, licensed therapists and addiction counselors, nutritionists and well-being specialists. To learn more about treatment and recovery options visit [hazeldenbettyford.org](https://www.hazeldenbettyford.org) or call 1-877-859-2124.

**Learn more about behavioral health care covered by Asuris**

Our Asuris plan offers access to a wide range of other convenient virtual care solutions and in-person therapy providers for behavioral health. You can find the complete list of providers in the Asuris network by signing in to [**Asuris.com**](http://www.regence.com) and clicking **Find care**, then **Find behavioral health support**. Or, call Customer Service at the number on the back of your Asuris member ID card for help finding a provider.

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Sincerely,

[Employer email signature]

**Subject: Using telehealth to access behavioral health care covered by Asuris**

Often the quickest way to get help for behavioral health needs is with telehealth, where patients can receive treatment from a licensed therapist through video, phone, text messaging, or a combination of all three. Telehealth is convenient because you can access it from almost anywhere.

[**Talkspace**](https://www.talkspace.com/), a telehealth solution included with our Asuris health plan, specializes in behavioral health therapy for people ages 13 and up. Talkspace therapists provide high-quality treatment for common behavioral health conditions, such as anxiety, bipolar disorder, depression, obsessive-compulsive disorder, panic disorder, post-partum depression and post-traumatic stress disorder. Talkspace therapists help individuals, teens ages 13-17 and couples; and they can provide psychiatry and prescription medications for people 18 and up.

There’s no referral needed to get treatment. You can request an appointment and learn more about Talkspace treatment options by visiting [talkspace.com](http://www.talkspace.com).

**Learn more about behavioral health care covered by Asuris**

Our Asuris plan offers access to a wide range of other convenient virtual care solutions and in-person therapy providers for behavioral health. You can find the complete list of providers in the Asuris network by signing in to [**Asuris.com**](http://www.regence.com) and clicking **Find care**, then **Find behavioral health support**. Or, call Customer Service at the number on the back of your Asuris member ID card for help finding a provider.

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Sincerely,

[Employer email signature]