

MIND YOUR HEALTH

4 things to know about mental health and your health insurance



Feeling good physically and mentally is important—but finding a healthy balance can be difficult in today’s ever-changing world. Isolation and loneliness, a rise in social media use, and shifting economic and workplace dynamics have created a heavy burden for many.

Luckily you don’t have to carry that weight alone! Your State of Iowa health plan from Wellmark® Blue Cross® and Blue Shield® can help you understand and connect with a variety of resources provided as part of your State of Iowa health plan—so you can focus on being your best you.

1 Asking for help is an important first step.

“We all have our down days,” says Dr. Matthew Stanley, Senior Medical Director of Behavioral Health at Wellmark. But when those bad days add up, you may benefit from extra help. “If you no longer enjoy your favorite activities or experience a change in sleep habits or appetite, it may be time to explore support options.”

2 You can maximize your benefits with key resources.

Mental health awareness may be on the rise, but understanding what services are available can still be confusing. Review your plan benefits or call 800-622-0043 to learn how virtual visits, in-person talk therapy and psychiatric support, and prescriptions are covered as part of your health plan.

3 Services and support come in a spectrum of choices.

Mental health care services are just as diverse and unique as the people seeking care. Your plan includes opportunities to connect with licensed psychiatrists, psychologists, mental health counselors, independent social workers, and marriage and family therapists to help manage multiple challenges or concerns (in in-patient, residential, and out-patient settings).

20%
of Americans
report struggling
with mental health*



U.S. adults receiving
mental health
treatment rose
from **19.2%** in 2019
to **21.6%** in 2021**

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4 Finding a mental health provider might not be as hard as you think.

Our three-step plan can help you find a good match for your specific needs.



STEP 1: Identify in-network providers.
Search for therapists by name, specialty, and location in the [myWellmark®](#) provider finder. (Sign-up is easy — and free!)



STEP 2: Contact your top picks.
Call your top 1-3 providers, ask if they're still accepting new patients, and inquire about setting up a brief consultation to learn more.



STEP 3: Speak with a virtual health care professional.
Your plan gives you access to convenient, at-home care through [Doctor On Demand®](#) — a helpful option, if you're hoping to meet with someone on short notice.

Need immediate help? Dial or text "988" from any mobile device to immediately connect with a Suicide & Crisis Lifeline care provider (this service is available 24/7, 365-days a year).

It's OK to not feel okay. Your State of Iowa benefits can help.

If you're looking for mental health solutions, your State of Iowa health plan from Wellmark Blue Cross and Blue Shield can quickly connect you with the care and support you need. Visit [Wellmark.com/Finder](#) to search for in-network mental health providers, or use [Doctor On Demand](#) to schedule a virtual visit.



Mental health terms: What's it all mean?

Use this handy glossary to help break it all down.

COUNSELOR

Addressing a specific challenge or behavior, a counselor focuses on helping their patients find practical approaches to managing challenges.

(Counseling services are often shorter term and don't dive into the "how" and "why" behind a particular challenge.)

PSYCHIATRIST

Trained in both medicine and mental health, a psychiatrist diagnoses conditions, prescribes, and manages medication, and provides therapy.

PSYCHOLOGIST

A psychologist employs evaluations and talk therapy to help people cope with life and relationship issues, as well as mental health conditions.

(Note: One of the main differences between a psychiatrist and psychologist is that the latter is not a medical doctor.)

TALK THERAPY

Also known as psychotherapy, talk therapy is what mental health professionals use to communicate with their patients and help identify issues causing emotional distress.

THERAPIST

A mental health professional trained to help individuals understand and cope with their thoughts, feelings, and behaviors to assess and diagnose mental health conditions.

* <https://mhanational.org/issues/2022/mental-health-america-adult-data>

** <https://www.cdc.gov/nchs/products/databriefs/db444.htm>

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