

HMSA BEHAVIORAL HEALTH PROGRAM for FIRST RESPONDERS

When you're on the front lines of emergencies, stress and anxiety are part of the job. Dealing with constant high emotions can take a toll on your overall health. The HMSA Behavioral Health Program can give you the tools you need to cope with those emotions.

How the program works

We've partnered with Magellan Hawai'i to ensure that your emotional health is at its best, including services such as:

- Help choosing a behavioral health provider.
- Referrals to behavioral health resources and services.
- Condition-specific education for members and support resources for their loved ones.
- Referrals to an HMSA case manager.

Magellan Hawai'i has Hawaii state-licensed behavioral health clinicians and support staff on Oahu and the Neighbor Islands. They'll work with HMSA's Model of Care and Health Coordination teams to ensure you have the support you need.

When you need extra support, HMSA's case managers are here to help you. Case managers provide advice, help you find services, create a treatment or recovery plan, and more. Case managers also work with your doctors, behavioral health care providers, and other providers to make sure that everyone understands your needs, challenges, and goals.

Is case management right for you?

Case management services, managed by HMSA's Model of Care and Health Coordination teams, can help if you:

- Have trouble getting the care that works best for you.
- Have been in the hospital for mental health or substance use conditions.
- Have medical, mental health, or substance use issues.
- Need help following your doctor's or specialty care provider's instructions.

To arrange for an appointment with a behavioral health provider, call Magellan Hawai'i at (808) 695-7700, option 6, then option 1, or 1 (855) 856-0578, option 6, then option 1.

For case management questions, call HMSA's Health Coordination at (808) 948-6997. To find out if you're eligible to participate in the program, check your *Guide to Benefits* or call us at the number on the back of your HMSA membership card.

If you're having an emergency or are in immediate danger of harming yourself or others, call 911 or go to the nearest emergency room.

Magellan Healthcare, Inc., doing business as Magellan Hawai'i, reviews mental health and/or substance use disorder treatment for HMSA members.



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