

BRAVE HEALTH™

A BRAVE BEGINNING

Take a brave step towards mental wellness with in-network therapy and psychiatric medication video appointments—available from your phone.



Please note, this communication applies to Medicaid for Anthem Blue Cross and Blue Shield Medicaid.

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INDIVIDUAL THERAPY

- Develop a relationship with a caring therapist over weekly or biweekly video sessions
- Discover effective strategies for managing mental health symptoms.

MEDICATION MANAGEMENT

- Meet with a provider over video to discuss how medication can reduce symptoms
- Benefit from regular check-ins for ongoing support and medication adjustments

GROUP THERAPY

- Engage with others that are facing similar emotional struggles and life events
- Build confidence in your ability to navigate challenges

Start today with a mental health assessment from your in-network telehealth provider Brave Health.

Call or text (305) 902-6347 to make your first appointment.



CAN TELEHEALTH WORK FOR YOU?

Although more and more people have started using telehealth for mental health support, there are still a few common misconceptions.

Myth #1: Telehealth is more expensive than a mental health clinic.

Fact: Brave Health is in-network with hundreds of health plans and accepts Medicaid and Medicare.

The co-pay for a telehealth therapy visit is the same as in-person therapy. With Brave Health, there's no subscription required.

Myth #2: You need to be tech-savvy to use telehealth services.

Fact: To connect with a Brave provider, you only need a smartphone or computer and a wifi connection.

All you have to do is click on a link to start the video.



Myth #3: Telehealth is less effective than in-person treatment.

Fact: Research has shown that patients and therapists don't need to be in the same room for treatment to work.

With same-day appointments available at Brave Health, telehealth can actually help patients begin therapy or start medication more quickly than in-person care.

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PREP FOR YOUR FIRST APPOINTMENT

Whether you are beginning mental health treatment for the first time or are looking for a new provider, Brave Health works with you to create a plan tailored to your needs.

We make it easy for you to see a therapist, get medication, and join a support group— all from your smartphone.

1

Complete all forms prior to your first appointment. Plan to spend about one hour in a private space (not a moving car) with a stable wifi connection.

2

The first appointment is a mental health assessment. You will meet via video with a provider to discuss your goals and treatment options.

3

After the assessment, you'll be matched with a therapist and/or psychiatric nurse practitioner who will create a plan tailored to your goals.



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