HealthSelect offers mental health virtual visits

by ESO

If you are enrolled in HealthSelectSM of Texas, HealthSelect Out-of-State or Consumer Directed HealthSelect, you can see a licensed mental health professional by scheduling an in-office visit. If an office visit is not convenient, you also can meet with a provider from the comfort of your home or office by scheduling a mental health virtual visit.

With this option, you have broader access to a network of mental health professionals online. And, you have access any day and any time of the week, including on the weekends and in the evenings.

Mental health virtual visits are offered through Doctor On Demand® and MDLIVE® and are covered at the same benefit level as an in-office mental health visit. You must make appointments in advance. Appointments are typically available within five to seven days, on average, but could take up to two weeks. You get to choose the duration of the appointment.

Only psychiatrists can prescribe medication, if deemed necessary and appropriate, but will not prescribe controlled substances.

What is the cost to you?

It depends on your plan:

- HealthSelectTM of Texas and HealthSelect Out-of-State participants have a $25 copay; the rest of your virtual visit is 100% covered.
- Consumer Directed HealthSelect participants pay 20% coinsurance after meeting the annual deductible.

What can be treated

Licensed mental health professionals can provide treatment for:

- anxiety
- depression
- stress
- anger management
- insomnia
- substance abuse
- trauma and loss
- addiction

If you need assistance signing up for virtual visits or making an appointment, go to the virtual visits page on the HealthSelect website or call a Blue Cross and Blue Shield of Texas (BCBSTX) Personal Health Assistant toll-free at (800) 252-8039, Monday–Friday, 7 a.m.–7 p.m. and Saturday 7 a.m.–3 p.m. CT.

Source: Excerpts from ERS News About Your Benefits (January 2019)
New appointments available for mobile mammogram bus March 17

Online MS Teams training scheduled Friday