

Support When You Need It



Going to college is a big step filled with excitement, new experiences, and yes, a healthy amount of stress. And that is okay! But being on your own for the first time, managing schoolwork, extracurricular activities, and new friendships can also be very overwhelming. It may be hard to admit, but we all need support at one time or another.

MVP is dedicated to making sure our young adult members have access to behavioral health (BH) care services no matter where they call home. From anxiety and depression to eating disorders and alcohol/substance use, students are not and should not feel alone. We are here to help.



If you or someone you know is having suicidal thoughts or is in emotional crisis, call, text, or chat 988.

A Community of Care

Start with Gia®



The *Gia* by MVP mobile app is available 24/7 and quickly connects you to a doctor via text, video, or phone call. Scan the QR code to download the *Gia* by MVP mobile app or visit

GoAskGia.com. For moderate BH care like managing anxiety, depression, or smoking cessation, our virtual primary care partner, Galileo, offers a fully integrated therapy program.

Members have access to:

- Primary care providers trained in behavioral health
- Primary care medication management
- Direct referral and access to therapists
- Integrated medical and behavioral health care team

Galileo's Therapy Program is available to all MVP members 18 and older. Learn more at mvphealthcare.com/VirtualBH.

myVisitNow

With myVisitNow, MVP members have access to BH providers from across the country. Visits are done via online video chat, between patient and doctor. Visit mvphealthcare.com/myVisitNow to learn more and download the app.

MVP offers other options for members to access virtual behavioral health support. To learn more visit mvphealthcare.com/VirtualBH.

*Refer to your plan contract for benefit details.

Gia and myVisitNow virtual care services are available at no member cost-share for medical plans, including qualified high-deductible health plans (QHDHPs), upon plan enrollment and renewal. Exceptions may apply for self-funded plans. Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.



MVP Behavioral Health Care Program

The MVP Case Management program allows you to talk to BH clinicians over the phone. We can also help you find in-network outpatient therapists and connect you with social services and other support resources. Call MVP at **1-866-942-7966** to learn more or to see if you qualify.

Find a Provider, Nationwide

Visit mvphealthcare.com/FindADoctor to search both in-network BH providers and providers nationwide through the Evernorth Behavioral Health network (a subsidiary of Cigna). The First Health/MagnaCare network is also available for you to use outside of the MVP service area.*