

# Behavioral Health Solution for Children

# Behavioral Health Care for Children

An overview of product details

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**About this solution**

A comprehensive, virtual behavioral health solution designed to support kids, teens, and parents across a range of common family challenges

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**Plan type**

Self-funded only

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**Available**

This solution is now available

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**Price**

Contact your Premera representative for specific pricing information

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# The need is undeniable



**One in five** children have a diagnosed mental health need.<sup>1</sup>



**80%** of those diagnosed do not get the appropriate care they need.<sup>1</sup>



Families are **10 times more likely** to go out of network for pediatric behavioral health care than primary care.<sup>2</sup>



Emergency visits for pediatric behavioral health care have **increased by 30%** over the past year.<sup>3</sup>

1. CDC <https://www.cdc.gov/childrensmentalhealth/access.html>

2. Milliman 2017, <https://www.milliman.com/-/media/milliman/importedfiles/ektron/addictionandmentalhealthvsphysicalhealthwideningdisparitiesinnetworkuseandproviderreimbursement.ashx>

3. MMWR Morb Mortal Wkly Rep, <https://www.cdc.gov/mmwr/volumes/69/wr/mm6945a3.htm>

# It's a challenging system

Today, your employees face many challenges when seeking pediatric behavioral support.

Access	Quality	Affordability	Stigma
Waitlists for in-network care are long and not always conveniently located.	Not all providers are high quality.	Treatment can be expensive, especially for out-of-network options.	Like most behavioral health treatment, there is a stigma around seeking care.

Support your employees experiencing common family challenges by providing the Premera Behavioral Health Solution for Children

# Behavioral Health Solution for Children

## Our solution    Value

A comprehensive behavioral health solution to support kids, teens, and parents across a range of common family mental health challenges such as **ADHD, anxiety, depression, mood disorders, and more.**

Our Behavioral Health Solution for Children provides access when families need it the most—even on nights and weekends through virtual appointments. No waitlists and no closed practices.

- **Timely access** to care amidst a shortage of pediatric behavioral health providers
- **Convenience** of bringing the right care to families right in their home during hours that work for them, including nights and weekends
- **Education and support** through self-service information and modules
- **Seamless coordination** of digital treatment programs that families can use between appointments to get help and track meaningful progress

Faster care means better outcomes, improved productivity, and improved satisfaction with network access.

It's estimated that **1 in 5** children living in the United States experience a mental disorder each year.\*

\*Children's Mental Health Report | CDC

# Behavioral Health Solution for Children

Premera has partnered with Brightline to support and improve access to behavioral health for children, teens, and families.

## Connect

On-the-go access to personalized content, group classes, and interactive exercises. Contact coaches instantly for tips and guidance. It offers:

- A personalized navigator to help you find the right care
- A structured format to reduce stress

Learn about:

- Discussing mental health as a family
- Healthy social media usage in children
- How to encourage a spouse to seek care

## Coaching

Programs to help tackle everyday common challenges with expert behavioral health coaches in as few as four sessions.

- Tantrum management (ages 3-5)
- Stress reduction (ages 6-17)
- Social and emotional learning (ages 3-5)
- Organizational skills (ages 6-17)

## Care

Personalized behavior therapy, medication evaluation, and support from licensed Brightline clinicians.

- Anxiety
- Depression
- ADHD
- Disruptive behaviors
- Medication evaluation and management

Brightline is committed to getting patients into care within **5** business days.

# Pricing

<b>Brightline Connect+ Content</b>	<b>Brightline Coaching Programs</b>	<b>Brightline Care Therapy</b>
<ul style="list-style-type: none"><li>• Interactive digital content collections</li><li>• Educational classes, peer support groups</li><li>• Coach chat for guidance through resources and triage support</li></ul>	<ul style="list-style-type: none"><li>• 1:1 video visits with Board Certified BH coaches</li><li>• Short-duration programs for skill-building</li><li>• For families with sub-clinical needs or not ready for therapy</li></ul>	<ul style="list-style-type: none"><li>• 1:1 video visits with therapists and prescribers</li><li>• Personalized care plans grounded in evidence</li><li>• Clinical measurement and progress tracking</li></ul>
\$35 per active participant per month (6-month episode)*	\$90 per coaching session*	Runs through claims

\*Note to employers: We encourage our self-funded employers to consider the tax implications associated with the Coaching and Connect pillars of the Brightline offering. Generally speaking, Coaching and the Connect platform are not considered to be medical care as defined by the IRS, but these services may be considered as taxable income to the employee. Self-funded employers should seek legal advice regarding the potential tax consequences, as Premera's legal team cannot provide legal advice to employer groups.

# Premera MyCare

Accessing our Behavioral Health Solution Program for children has never been easier with Premera MyCare, a virtual front door that connects you to care nearly instantly.

