

MISSISSIPPI STATE & SCHOOL EMPLOYEES' LIFE AND HEALTH INSURANCE PLAN



KNOW YOUR *Benefits*



December 2018

BECAUSE WHEN
ANXIETY HITS
THERAPY IS A CLICK AWAY

REVISIT THE DOCTOR VISIT

Behavioral Health added to Online Care

Did you know that 1 in 5 Americans suffer from a mental health condition every year, yet only 1 in 8 seeks care? Many don't seek help because of the stigma associated with treatment. As part of your State and School Employees' Health Insurance Plan, beginning January 1, behavioral health services will be available to both you and your covered dependents online through American Well (Amwell).

Online services provide a convenient, private and cost-effective way for those who need mental health therapy to get professional help. Visits will be subject to the applicable deductible and coinsurance for Base and Select Coverage participants and cost between \$79-95.

If you've previously used Amwell's services, after January 1 you will need to re-enter Service Key **MSSEHIP** to display the behavioral health option.

Urgent Care

Amwell offers access to urgent care providers 24/7. This valuable service is great for parents on the run with sick kids, or if you're at work and are too busy to go to the doctor for a minor illness.

With Select Coverage, you pay a \$10 copay for an urgent care visit. For Base Coverage, the copay applies once your deductible has been met. Until then, the visit is only \$49.

Registered Dietitians

Registered dietitians are available to you through Amwell at the same rate as urgent care providers. You can schedule a visit with a registered dietitian when it is convenient for you to talk about your diet, meal planning and healthy food choices.

How Do I Connect?

To "see" an online provider with Amwell, download the free app from iTunes or Google Play, or go to mssehip.amwell.com and select Blue Cross & Blue Shield of Mississippi (BCBSMS) as your insurance provider. Enter your ID number from your BCBSMS insurance card and use Service Key **MSSEHIP**.

Get on the road to wellness. At your convenience, on your phone or computer, your health care is just a click away.



2019 PLAN DOCUMENT

The State and School Employees' Life and Health Insurance 2019 Plan Document is available online at knowyourbenefits.dfa.ms.gov. To receive a printed 2019 Plan Document, you may send a request to the address below.

Mail: Department of Finance and Administration
Office of Insurance
P.O. Box 24208
Jackson, MS 39225-4208

Email: KnowYourBenefits@dfa.ms.gov

Printed copies will be available after January 1, 2019.

STATE OF MISSISSIPPI
DEPARTMENT OF FINANCE
AND ADMINISTRATION
OFFICE OF INSURANCE
P.O. BOX 24208
JACKSON, MS 39225-4208

