September 2021

Behavioral health eVisits now $0* through MyBSWHealth

In the busyness of life, emotional well-being often gets put on hold. Now—no matter where you are—you can access a new source of support via MyBSWHealth.

If you are experiencing anxiety, alcohol or drug dependency, depression, difficulty coping or high-levels of stress, a behavioral health eVisit may help.

To access a visit, simply:
- Log in to **MyBSWHealth** through the website or the app
- Under "Get Care" select "eVisit"
- Click "Start Visit" and then "Depression/Anxiety"
- Complete a short questionnaire about your symptoms

BSW providers are available Monday through Friday, 8 a.m. to 4:30 p.m. and will usually respond to your request within two hours.

Based on your needs, a behavioral health professional will respond with recommendations for care and other information to support your well-being. In some cases, you may receive a text requesting additional details.

Please note: eVisits are not intended for behavioral health emergencies. If you need immediate assistance, dial 911 or call the National Suicide Prevention Lifeline at 800.273.8255. Additionally, behavioral health eVisits do not support prescriptions or medication refills.

More Information on MyBSWHealth
Need to sign up for MyBSWHealth? **Visit the website** to create an account and learn about downloading the app.

We appreciate all you do for Baylor Scott & White Health and hope that you care for yourself as you care for others. If you have questions about eVisits for behavioral health, or other support resources, please contact customer service. Information is also available at **BSWconnect.com/SelfCare**.

Be safe and well,

Scott and White Health Plan

$0 copay for all BSW medical plans

Visit the member portal at **MyBSWHealth.com**

Download the MyBSWHealth app