

# Florida Blue Mental Health Resources



## Summary

We recognize that there is no health without mental health, and that neglecting it can have serious consequences on both physical health and health care costs. By empowering our members with information, resources, and tools, we can help them take control of their mental health, reduce the cost of care, and improve their overall health and well-being. To support this effort, we offer a comprehensive suite of mental health resources that provide valuable tools and information to help members navigate their mental health journeys and improve their well-being.

## Details

**\*\*\*\*Florida Blue offers the following mental health resources to everyone in the community:**

- [BlueAnswers](#) — This collection of articles covers a wide range of mental health topics. They are available to the public and feature information on member resources. New articles are added each year including the most recent addition on [parental mental health](#).
- [Better You Webinars](#) — We offer a regular series of mental health webinars, featuring topics such as parental mental health and caregiver well-being. These webinars are free and open to all, and [recordings are available online](#) and on our [YouTube playlist](#).
  - Watch and share latest Better You Webinar — May's webinar on [Parental Mental Health](#).
- [Small Steps Videos](#) — This YouTube playlist contains a collection of nine videos with Dr. Naakesh Dewan that highlight simple steps members can take to improve their mental health and well-being. These videos also have companion BlueAnswers articles for more information and tips.
- [Mental Health Flyer and Social Graphics](#) — We have a full suite of materials, including a flyer, infographics, and social images, to include in your outreach efforts. All materials are available to download in English and Spanish.
- [Florida Blue Blog](#) — This online resource features a variety of articles from thought leaders, including ones by Dr. Naakesh Dewan, vice president of behavioral health, Florida Blue & GuideWell, on mental well-being and caregiving.
  - Dr. Dewan's latest blog, [The Critical Importance of Prioritizing Parental Mental Health](#), offers insights and guidance on supporting the mental well-being of parents.

**\*\*\*\*Florida Blue offers the following mental health tools to most members:**

- **meQuilibrium (meQ)** — This personalized, digital mental well-being tool offers simple, evidence-based techniques to reduce stress and help eligible members better manage day-to-day life events.
  - meQuilibrium is available for members who have a fully insured Florida Blue commercial or Truli for Health plan, at no extra cost.
  - meQuilibrium is available to ASO and MPP groups for a low-cost admin fee. They should contact their account manager for more information.
  - Eligible members can access meQ by logging in with their Florida Blue online member account at [go.mymeq.com/floridablue](https://go.mymeq.com/floridablue).
  - For more information on this tool, download the [Group meQ flyer](#), [ASO meQ flyer](#), or [member flyer](#) (available in English and Spanish).
- **Lucet** — Our behavioral health provider, Lucet offers assistance and resources to help connect eligible members to mental health clinicians.

Note: Truli for Health plan members should use the online provider directory to locate a behavioral health provider or speak to their primary care provider regarding behavioral health care.

- Members can call Lucet at 1-866-287-9569 for assistance.
- Eligible members can also use the online booking tool, at no additional cost, to schedule an appointment with an in-network clinician at their convenience. [Learn more about the online scheduling tool](#) or download the [member flyer](#).

## Getting mental health care

Florida Blue health plans do not require a referral or authorization for outpatient mental health professional in-person or virtual care. Inpatient or outpatient facility behavioral health services may require a medical necessity review for these services to be a covered service.

- The member should log into their Florida Blue member account and check their health plan coverage by selecting from the top toolbar **My Plan** and then **Coverage Breakdown** to determine if a medical necessity review is required and their member cost share.
- The member cost share will vary based on inpatient and outpatient facility behavioral health services and outpatient professional in-person or virtual behavioral health services.
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