

**Content 3 Ways**

**TOPIC: Matchmaker™ for Behavioral Health**

**Instructions**

Copy and paste the below content that works best for the way you want your employees to receive the information. The content is presented 3 ways:

1. **Long:** Designed for your employee newsletter or email
2. **Medium:** Ready for your employee website or as a brief reminder
3. **Short:** Great for an employee text message or your employee television

*Premera does not authorize any changes to text, unless specifically identified in the document. Employers will be solely responsible for all consequences due to any unauthorized changes made to the provided templates.*

**1. Long**:

For your employee newsletter or email

**Matchmaker™ for Behavioral Health**

It’s never been more important to take care of yourself and make sure you’re getting the support you need. Change, uncertainty, and new ways of going about our daily lives can take a toll, and yet finding a mental health provider who is accepting new patients can be hard.

You can see providers in your plan network in person or virtually. Our Behavioral Health Matchmakers offer the extra support needed on your care journey by providing a list of in-network, outpatient providers who are accepting new patients. Copays or deductibles apply when you see a provider.

Call customer service at the number on the back of your ID card to request help with finding a provider.

When you’re ready, visit our resource center at   
[premera.com/visitor/care-essentials/mental-health](https://www.premera.com/visitor/care-essentials/mental-health) to find additional information on your benefits, finding care, and more.

**2. Medium**:

For your employee website or as a brief reminder

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**3. Short**: \

For an employee text message or your employee television

It’s never been more important to take care of your mental health. When you’re ready, visit our resource center at [premera.com/visitor/care-essentials/mental-health](https://www.premera.com/visitor/care-essentials/mental-health) to find additional information on your benefits, finding care, and more. Call customer service at the number on the back of your ID card to request help with finding a provider.