

Matchmaker™ Behavioral Health

One in three adults report experiencing symptoms of depression or anxiety right now.* Change and uncertainty can take a toll on your mental health, and yet finding a mental health provider who is accepting new patients can be hard.



Matchmaker™ for Behavioral Health will connect you to a care provider based on your health plan, needs, and preferences. Any information you share with us is confidential. This service is available to all members on your Premera health plan at no out-of-pocket cost.

You can see providers in your plan network, both 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 finding a provider.

When you're ready, visit our resource center at premera.com/visitor/care-essentials/mental-health for additional information on your benefits, how to find care, and more.



*Source: <https://www.ncbi.nlm.nih.gov/books/NBK20369/>