

Brightline

BRIGHTLINE PROMO PACKAGE

Your Premera health plan now gives your employees and their dependents in-network access to childhood mental health care with Brightline. Brightline is the first mental health solution designed specifically to support children (ages 3 – 17) and families with whatever tough stuff they're dealing with in their busy lives. The digital platform provides cutting-edge technology, whole-family support, evidence-based care delivery, and a seamless member experience.

Your employees can choose from three levels of care:

- **Connect** Tips and guides for parents and caregivers, interactive exercises, and on-demand chat with a coach so families can get support anytime.
- **Coaching** Skills-based programs led by expert behavioral health coaches to help kids and teens through everyday challenges in as few as four weeks. The perfect place to address everyday tough stuff like stress, breakups, social skills, and getting back on track with school.
- **Care** Personalized treatment by video visit with child and adolescent psychologists, psychiatrists, speech therapists, and others for times when more support is needed. For kids and teens who need help managing anxiety, depression, behavior issues, ADHD, and other common conditions.

Ready-to-share resources

Brightline has provided the following materials to help you introduce this new service to your employees.

[1-page flyer](#)

[2-page flyer](#)

[Web banner](#)