



Find a local or virtual mental healthcare provider to get the help you need, included with your health benefits.

Log in to your member account at members.bcidaho.com. Don't have a member login? It's easy to create one. Visit members.bcidaho.com, select **Register** and follow the prompts to create your account in minutes. Select **Find Care**.

If you're looking for **in-person behavioral healthcare**, select **Find doctor**. You'll be taken to our directory of in-network providers.

- From here, select **All Categories**, then **Behavioral/Mental Health**, then select the type of care you are looking for, such as support for substance use disorders, help from a counselor, or psychiatric care.
- After selecting a type of care, use the filters to help you narrow your search results. You can sort by location, gender, rating and more.
- Select the name of a provider to find out how to schedule an appointment.

If you're looking for **virtual behavioral healthcare**, select **Access platforms**.

- Blue Cross of Idaho partners with **virtual healthcare provider services** – Rula and Talkspace – to connect you with in-network care. Each platform lets you search for care based on your preferences: specialty, treatment approach, appointment availability, gender, race and languages spoken.
 - Rula offers therapy and psychiatric care for members age 5 and older. To explore care options, select **Visit Rula**.
 - Talkspace offers therapy and psychiatric care for members age 13 and older. To explore care options, select **Visit Talkspace**.

If you need help finding care, contact the Blue Cross of Idaho Customer Service Department at the number on the back of your member ID card.

If you or someone you love is in distress or thinking about suicide, call or text the National Suicide and Crisis Lifeline at 988.