



Mental Health is Health

How to Find In-Network Support

Getting connected with resources and support to care for your mental health should be simple. That's why we're here to provide a helping hand, and answer the question – **Where Should I Start?**

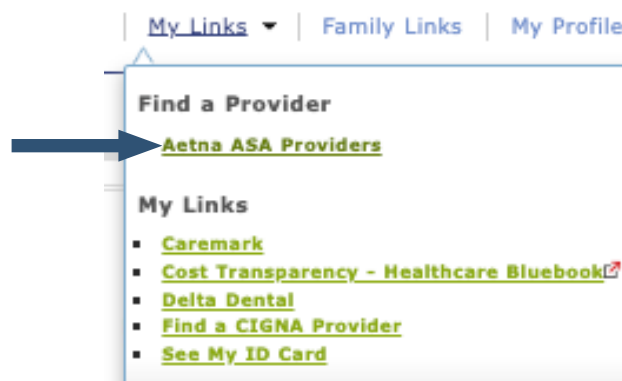
Learn Your Benefit

We recommend that you begin by learning what services are covered under your plan, and how much you can expect to pay for those services. You can check all this and more using our secure online member portal, **myEVHC.com**.

- Log on to myEVHC.com
- Click the My Links tab at the top
- Under My Documents, locate and click on your Summary of Benefits and Coverage (SBC)
 - The SBC shows you a summary of what is covered in your plan, and what you will pay for covered services.
- In your SBC, look for the section detailing coverage for mental health, behavioral health, and substance abuse services under your plan.

Find a Provider

Ready to schedule mental health services? Click the link under Find a Provider in the My Links tab to find an in-network mental health provider near you.



EVHC also offers wellness and advocacy programs that help you manage your health, identify cost savings and navigate the healthcare additional resources that may be available as part of your benefit plan.

Access your account by downloading the myEVHC mobile app or visiting myEVHC.com.



Help is Available

If you or someone you know is in crisis, speak with someone today. Call the National Suicide & Crisis Lifeline 24/7 at **800-273-8255** or dial **988**.

