

# Mental Health Care & Services

Life's struggles can take an emotional toll on you. If you're struggling with anxiety, depression, substance abuse, or any other mental health condition, you're not alone. There is help.

## Eligible Services

Your PEHP mental health benefit covers treatment for specific mental health conditions. Please note you must have a diagnosis to use this benefit and all providers must be contracted in your PEHP network. Call a PEHP Health Benefits Advisor to see which benefits apply to you, 801-366-7555 or 800-765-7347.

## Examples of Ineligible Services

- » Conduct disorders
- » Marriage counseling
- » Parental counseling
- » Hypnosis, biofeedback
- » Stress management
- » Relaxation therapy
- » Learning disabilities
- » Residential treatment

See your Master Policy for a complete list of exclusions.

*NOTE: Preauthorization is required for some mental health services, including all inpatient mental health services, day treatment facilities, and intensive outpatient programs*

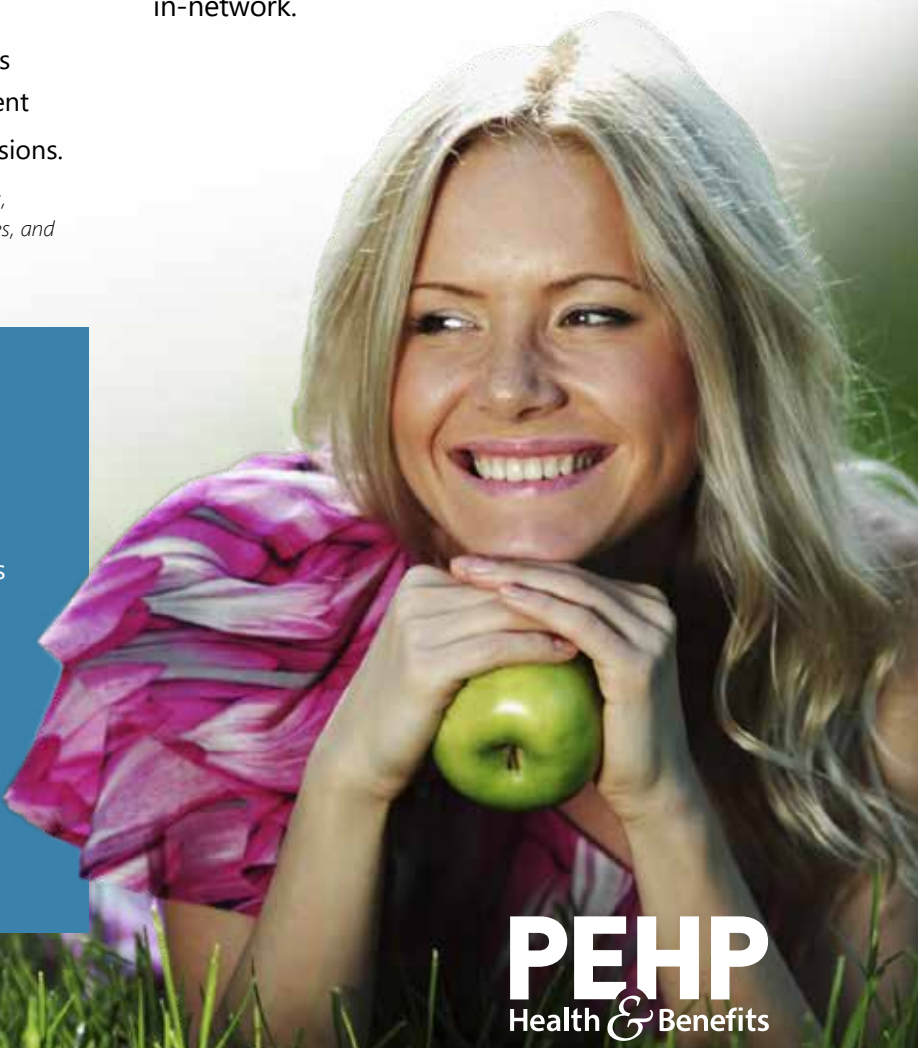
## Other Mental Health Options

If you're seeking professional care for an ineligible service, consider these options:

- » Ask your employer about any Employee Assistance Programs (EAP) or Life Assistance Counseling available to you. Many such plans pay for a limited number of mental health visits, without requiring a specific diagnosis.
- » Find local mental health resources at [www.211utah.org](http://www.211utah.org).
- » You may qualify for intensive crisis counseling services. Call the PEHP Member Services Nurse (801-366-3961) to determine if you or a family member may be eligible.

## Online Psychiatric Services

If you prefer to seek counseling from the comfort of your home, you can consult a psychiatrist online via Amwell. Since PEHP doesn't contract with Amwell, you'll have to pay for the service upfront, then submit a receipt to PEHP using the Self-Pay Medical Claim Form for reimbursement or to apply your payment to your deductible and out-of-pocket maximum. For a list of eligible services, call 801-366-7555 or 800-765-7347. Please note only psychiatric services with Amwell will be treated as in-network.



**PEHP**  
Health & Benefits