

Find what works for your behavioral health

Aetna Behavioral Health programs and services



Everyone is different. What works for one person's behavioral health might not work for you. That's why MaineHealth and your Aetna® medical plan offer a variety of behavioral health support options for you and your covered family members.

You can choose the type of behavioral health professional to work with, including psychiatrists, psychologists, counselors, social workers and family therapists. And you can choose to connect in person or by phone, video or app.



To find providers in the Aetna network, log in to your Aetna member website at [Aetna.com](https://www.aetna.com) and click **Find Care & Pricing**. Or use the Aetna HealthSM app.

For self-help tools, log in at [Aetna.com](https://www.aetna.com) and select **Mental Health Support & Services**.



Behavioral health support programs

The following programs are some of the behavioral health resources available to you. Whether you're dealing with everyday stress, depression, substance misuse, relationship issues or something else, help is available.

If you're experiencing a behavioral health emergency, **call 911 immediately**. Or call or text the Suicide & Crisis Lifeline at **988** for no-cost, confidential support 24/7 if you or a loved one is in crisis.



Depression, anxiety or other mental well-being concerns

| Provider | Description | Availability and contact | Coverage |
|---|---|--|--|
| Array Behavioral Care (ages 5+) | One of the largest virtual psychiatry and therapy practices, Array Behavioral Care supports a variety of mental health conditions. These include anxiety, depression, relationship issues, mood disorders, and grief and loss. Services include a mental health assessment, virtual therapy and medication management. Book your appointment right on their website. | Available nationwide ArrayBC.com 1-800-442-8938 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage. |
| Telemetrynd (ages 5+) | A comprehensive mental health solution that matches you with a behavioral health specialist uniquely qualified to support you. Access a range of mental health services, from talk therapy to medication management and more. And discover the care that's right for you, whether that's occasional support or more targeted, intensive care. | Available nationwide Telemetrynd.com/aetna-referral-form 1-866-991-2103 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Alma Health (ages 5+) | Connects you with clinicians who provide therapy for individuals, couples, families, children and adolescents, along with medication management. Therapists at Alma are specialized to help with all types of concerns, such as anxiety, trauma, relationships, addiction and more. You'll begin with a consultation to help determine if a therapist is a good fit for ongoing care. | Available nationwide HelloAlma.com/aetna | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| MinuteClinic® (ages 18+) | MinuteClinic offers mental health counseling to support your well-being. Licensed therapists are ready to listen in person or virtually. During your initial assessment, your therapist will assess your current situation and explore potential options for reducing your distress. Counseling through MinuteClinic features: <ul style="list-style-type: none"> • Therapy to help you cope with anxiety, depression, life adjustments or stress • A qualified, licensed therapist you can meet with regularly • Appointments available days, evenings and weekends • The choice of meeting in person or virtually • Private consultation rooms for in-person sessions • If requested, collaboration with other providers or your health care team | Available nationwide CVS.com/mentalhealth 1-855-417-2486 (TTY : 711) | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Meru Health (ages 18+) | Offers a 12-week virtual therapy program to help with stress and related anxiety and depression. Includes virtual therapy sessions, in-app messaging with your therapist, and lessons and exercises. Also includes a biofeedback device to track and improve your physical response to stress. | Available nationwide MeruHealth.com/sign-up/aetna | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |

Depression, anxiety or other mental well-being concerns

| Provider | Description | Availability and contact | Coverage |
|---|--|---|---|
| Talkspace (ages 13+ for therapy; ages 18+ for medical management) | This online therapy platform lets you connect with a licensed therapist via phone, video, text or live chat. You can send secure text messages to your dedicated counselor, who will respond within one working day, up to five days a week. One week of text messaging counts as one no-cost counseling session. Or you can schedule a time to meet for a 30-minute virtual session. Each virtual session counts as one no-cost counseling session. | Available nationwide ResourcesForLiving.com Log in using MaineHealth as both the username and password. 1-833-657-2104 (TTY: 711) | Talkspace is part of the MaineHealth Resources For Living program. MaineHealth employees and household members each get 12 no-cost sessions per issue, per year. If you choose to continue using Talkspace for an ongoing issue beyond the 12 no-cost sessions, MaineHealth health plan members have this coverage: <ul style="list-style-type: none"> • Healthy Select plan: \$15 copay per visit • Healthy Saver plan: Deductible must be met before 90% coverage |
| Brightside (ages 18+) | Provides virtual psychiatry and therapy support. Begin with an online assessment and get matched with a psychiatric provider or licensed therapist. Available nationally to treat a variety of conditions, from anxiety and depression to OCD and PTSD. Also includes medication management. | Available nationwide Brightside.com 415-360-3348 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Headway (ages 2+) | Headway helps you choose a mental health provider who meets your needs for therapy and/or medication management. Select your state and your concerns to see a list of matching therapists. Conditions addressed include anxiety, bipolar disorder, depression, family issues, sleep disorders, substance misuse and more. Book your online or in-person appointment at the Headway website. | Available nationwide Headway.co | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Grow Therapy (ages 6+) | Connect to therapy on your terms at the Grow Therapy website. Detailed profiles of providers and search filters help you find the right match. Select a therapist and book an appointment to begin receiving help with a wide range of mental health issues such as ADHD, anger management, chronic illness and life transitions. You can choose virtual or in-person appointments. Medication management is also available. | Available nationwide GrowTherapy.com/aetna-members | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |

Depression, anxiety or other mental well-being concerns

| Provider | Description | Availability and contact | Coverage |
|--|--|--|---|
| LifeStance Health (ages 18+) | LifeStance provides evidence-based, medically driven treatment plans for people suffering with a variety of mental health issues. Choose a provider from a list of psychiatrists, psychologists and licensed therapists for in-person or telehealth appointments. Services include psychological and neuropsychological testing and evaluation; individual, couples, and family therapy; neurocognitive disorder treatments and gender identity treatments, among others. Medication management is also available. | Available in AZ, CA, CO, DE, FL, GA, ID, IL, IN, KS, KY, ME, MD, MA, MI, MN, MO, NV, NH, NJ, NY, NC, OH, OK, OR, PA, RI, SC, TN, TX, UT, VA, WA, WI LifeStance.com | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| MDLive (ages 10+) | MDLive offers talk therapy and psychiatry from the comfort of your own home and on your own schedule. Licensed therapists and board-certified psychiatrists, all specially trained in virtual care, are available seven days a week. Conditions treated include trauma and PTSD (post-traumatic stress disorder), parenting support, relationship issues, obsessive compulsive disorder and a lot more. Once you create an account, you can view available providers and make an appointment with someone who feels right for you. | Available nationwide MDLive.com 1-855-824-2170 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Rula (ages 5+) | A personalized treatment plan, designed to help you reach your mental health goals through online therapy, is the core of Rula's approach. Based on your preferences, you will be matched with licensed providers so you can choose one for an initial diagnostic meeting. Your resulting treatment plan can include a combination of talk therapy and medication. All appointments are through Zoom. Rula provides individual, couples and family therapy and covers a range of conditions. | Available in AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KY, LA, MA, MD, ME, MI, MN, MO, MS, MT, ND, NE, NH, NV, NY, NC, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV, WY Rula.com/aetna | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Sondermind (ages 18+) | Sondermind offers individual, family, couples or group sessions to address a range of mental health concerns. To get started on selecting your provider, contact Sondermind by phone or fill in a brief questionnaire in their app. Meetings can be in-person or virtual through the app. You can also use the app to track your progress and view your psychiatry journal. Sondermind covers most mental health needs, including medication management. | Available in AZ, CO, DC, GA, IN, KY, ME, MD, MA, MO, NE, NH, OH, TX, VT, VA Sondermind.com 1-844-256-5642 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |

Depression, anxiety or other mental well-being concerns

| Provider | Description | Availability and contact | Coverage |
|----------------------------------|---|--|---|
| Thriveworks (ages 18+) | Thriveworks provides individuals, couples, and families with therapy and counseling to address a broad range of mental health needs. Depression, grief and loss, LGBTQIA+, and divorce counseling are some of the covered areas. Appointments can be in person, by video or by phone. You can choose your own provider and make appointments from the website. TherapyLand, a network of 19 play therapy centers for children, is a Thriveworks program designed to address such problems as developmental disabilities, bullying, behavior problems and grief, among others. | Available in all states except VT Thriveworks.com 1-855-522-0873 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |

Specialty treatment programs for children and adolescents

| Provider | Description | Availability and contact | Coverage |
|---|---|---|---|
| Valera Health (ages 6+) | Telephone, video and chat therapy support and medication management for children in treatment for mild to severe mental illness. Parents can also receive support via parenting groups and ongoing parent sessions. | Available in AZ, CT, MA, NJ, NY, OR, WA ValeraHealth.com | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Vita Health (ages 12+) | Offers suicide care and virtual therapy services for various behavioral health concerns. Get one-on-one guidance and support from licensed clinicians. Also includes online parent and family support, peer support, and a helpful app. | Available in AZ, CA, CO, CT, DC, FL, IL, LA, MA, ME, MO, MS, NC, NJ, NV, NY, OH, PA, RI, SC, TX, UT, VA, WA VitaHealth.care (1-844-866-TEEN) 1-844-866-8336 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Vita Health Youth-Nominated Support Team (YST) Service (ages 12–18) | Psycho-educational coaching provided by clinical specialists to adults selected by adolescents to serve as their mentors. | Available nationwide VitaHealth.care (1-844-866-TEEN) 1-844-866-8336 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Charlie Health (ages 18–28) | Personalized virtual and in-person intensive therapy for teens and young adults with severe mental health issues and substance abuse disorders, along with family support. | Available in AZ, CA, CO, DE, FL, ID, IL, MD, MT, NJ, OH, OR, PA, TX, UT, WA, WY CharlieHealth.com | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |

Specialty treatment programs for children and adolescents

| Provider | Description | Availability and contact | Coverage |
|--|---|--|---|
| BlueSprig Pediatrics (ages 18 months to 18 years) | BlueSprig delivers Applied Behavior Analysis (ABA) therapy to children with autism. They involve the entire family in their therapy programs, which can be center, home, community, or school based as appropriate for each individual client. Virtual ABA is also available through secure video conferencing. | Available nationwide BlueSprigAutism.com | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Maxim Healthcare Services (ages 18 months to 18 years) | Offering Applied Behavior Analysis (ABA) and other autism-related services, Maxim works with children to help them achieve important skills and independence while minimizing challenging or risky behaviors. Training occurs in settings including home, school, and community centers. Their bilingual staff of trained behavior technicians have experience with children of all ages and with unique needs. | Available in AZ, AK, CA, CO, DE, DC, FL, GA, IL, IN, IA, KS, KY, ME, MD, MA, MI, MO, NE, NV, NH, NY, NC, OH, OR, PA, RI, SC, TN, TX, UT, VA, WA, WV, WI MaximHealthcare.com | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |

Substance abuse and alcohol concerns

| Provider | Description | Availability and contact | Coverage |
|-------------------------------------|--|---|---|
| Eleanor Health (ages 18+) | Delivers comprehensive mental health and substance use disorder care in clinics, homes and virtually. Their Mental Health Medical Home program offers convenient support and medication-assisted treatment along with helping members navigate any physical health conditions. | Available in FL, LA, MA, NC, NJ, OH, TX, WA EleanorHealth.com 1-866-972-0771 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Workit Health (ages 18+) | Virtual treatment program that offers personalized, convenient therapy, coaching, medication-assisted treatment, digital learning and peer support. Workit specializes in opioid and alcohol use disorders. | Available in FL, MI, NJ, OH, TX WorkitHealth.com/insurance/aetna 1-877-777-2671 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |
| Bicycle Health (ages 18+) | The Bicycle Health app addresses opioid use disorder by providing behavioral healthcare, drug screening, medication-assisted addiction therapy and peer support. You can contact your medical provider by video call or online chat. Reach your care support specialists by phone, text, or chat. Connect with others in recovery via online meetings. Enroll online or schedule an enrollment call from the Bicycle Health website. | Available in all states except AR and HI BicycleHealth.com/aetna | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |

Substance abuse and alcohol concerns

| Provider | Description | Availability and contact | Coverage |
|--|---|---|---|
| Groups Recover Together (ages 18+) | Groups Recover Together offers in-person and virtual treatment options for people recovering from opioid use disorder. Their approach combines group therapy with medication-assisted addiction therapy to make recovery easier. Your team will consist of your medical doctor to manage your prescriptions and address your medical needs, your navigator to help with your life goals, your counselor to lead your weekly group sessions, and your group members, who will remain the same from week to week. | Available in AZ, CA, FL, GA, IL, IN, KY, ME, NV, NH, SC, TN, TX, VA, WV GroupsRecovery.com JoinGroups.com 1-888-858-1723 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |

Chronic medical conditions and mental health

| Provider | Description | Availability and contact | Coverage |
|-----------------------------|---|--|---|
| AbleTo (ages 18+) | Meet one-on-one with a coach, licensed therapist or both. They'll guide you through a personalized eight-week program proven to reduce depression, stress and anxiety. This confidential program offers these options: <ul style="list-style-type: none"> • AbleTo 360: Eight weeks of virtual therapy, coaching and mental health tools for those with chronic medical condition(s) plus mental health struggles, such as anxiety and depression • Digital+: Coaching that usually takes eight weeks to complete • Therapy+: Best for those with mild anxiety, depression or social anxiety | Available nationwide AbleTo.com/aetna 1-844-330-3648 Mon–Fri: 9 AM–8 PM ET | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |

Eating disorders

| Provider | Description | Availability and contact | Coverage |
|------------------------------------|---|---|---|
| Equip Health (ages 6–24) | Virtual treatment for anorexia, bulimia, binge eating disorder, avoidant/restrictive food intake disorder (ARFID) and atypical eating disorders. Equip treats all diagnoses, helping people achieve full health and recovery. | Available nationwide Equip.Health 1-855-387-4378 | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |

Obsessive-compulsive disorder

| Provider | Description | Availability and contact | Coverage |
|---------------------------|--|---|---|
| NOCD (all ages) | Virtual therapy sessions with licensed therapists who specialize in OCD, along with 24/7 support between sessions from self-help tools and peer communities. | Available nationwide TreatMyOCD.com | Healthy Select plan: \$15 copay per visit Healthy Saver plan: Deductible must be met before 90% coverage |