



of Tennessee



Accessing Behavioral Health
Resources for BCBS Insurance

2022



Metro Nashville Employee Mental Health Support

[Metro Mental Health Support](#)

Programs For All Employees

Ulliance Advisor Employee Assistance Program

[Ulliance Advisor Employee Assistance Program Information](#)

Available to: Employees and Families.

Cost to participant: Free.

Offers: Counseling, coaching, crisis support, referrals, work-life materials, and legal and financial consultations.

Crisis Services and Suicide Prevention

[Crisis Services and Suicide Prevention Information](#)

Available to: General Public.

Cost to participant: Free.

If you are experiencing a mental health emergency, call now. Help is available 24 hours a day, 7 days a week.

Blue Cross Blue Shield Insurance

Blue Cross Blue Shield Behavioral Health Case Management

[Blue Cross Blue Shield Behavioral Health Case Management Information](#)

800-818-8581

Available to: Employee and dependents covered by Blue Cross Blue Shield Preferred Provider Organization.

Cost to participant: Free.

Personal support for depression, anxiety, eating disorders and other behavioral health challenges.

Blue Cross Blue Shield Chronic Care Management

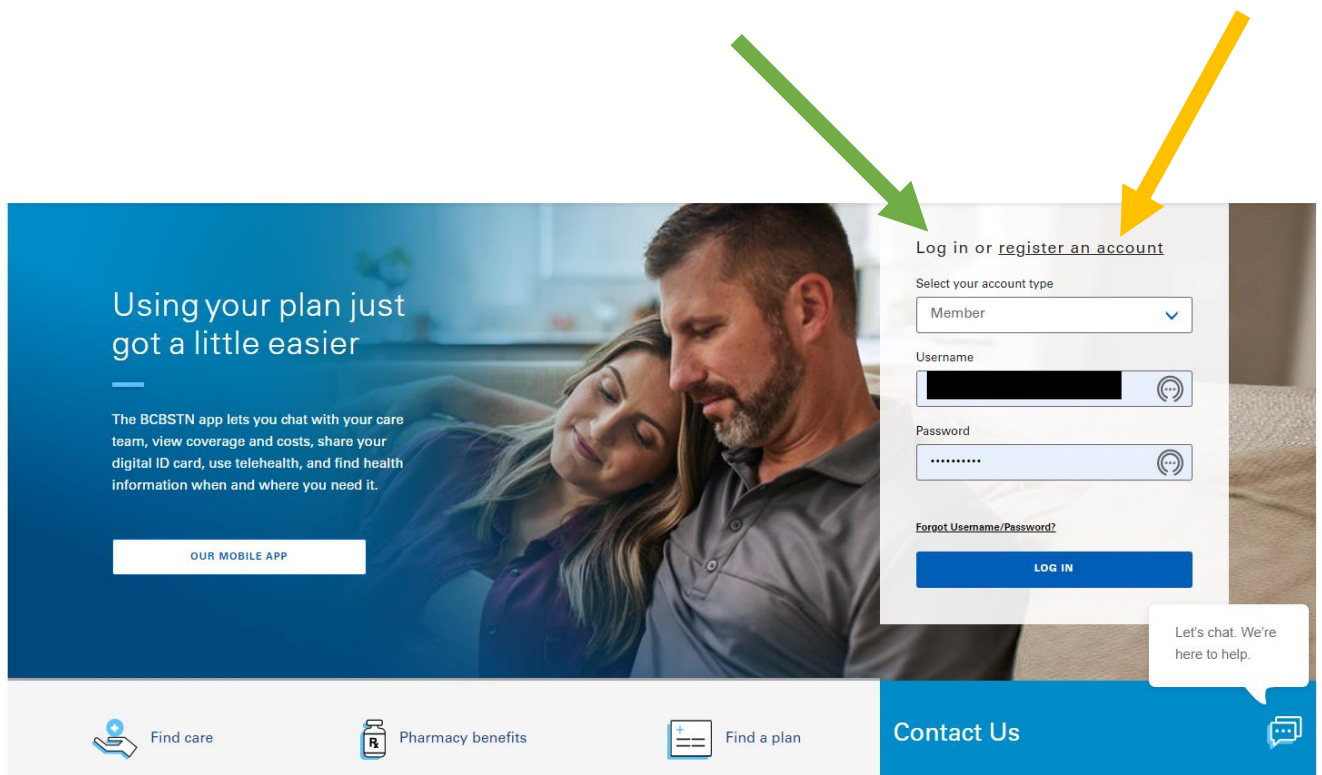
[Blue Cross Blue Shield Chronic Care Management Information](#)

Available to: Employee and dependents covered by Blue Cross Blue Shield Preferred Provider Organization.

Cost to participant: Free.

Chronic health conditions can take a toll on your mental well-being; this program offers personalized, one-on-one help.





Go to the [Blue Cross Blue Shield Website](#)

CLICK ON LOG IN –

If you already have already set up your account

OR

CLICK ON REGISTER AN ACCOUNT-

You will need your insurance card to set up your account

! Important news: Read about changes to your pharmacy and prescription coverage.

Learn More

Good morning, Solomon

MEMBER ID

Thanks for being a BlueCross BlueShield of Tennessee member. We're here to help you understand your coverage, find the care you need, and take advantage of all your plan extras.



MEMBER ID CARD INFORMATION



Medical/Dental



[See Full ID Card View >](#)

YOUR PLAN AT A GLANCE

Doctor Visit	\$20 / \$20
Specialist Visit	\$30 / \$30
Emergency Room	\$100

[See Benefit Details >](#)



Find Care

Our members can go to Sanitas medical centers for convenient primary care services, preventive screenings, vaccinations and faster test results with on-site labs, plus urgent care at some locations. And with online scheduling, chat and telehealth options, members can get the care they need without leaving home. Other physicians and providers are available in our networks.

[FIND CARE AND ESTIMATE COSTS](#)

[CHAT WITH A NURSE NOW](#)

Once you are signed in, your home page will look something like the picture above.

CLICK ON FIND CARE AND ESTIMATE COST –

Good Morning, Solomon!
Browse or search to find the care you need.



Specialties, Procedures and Providers

Browse by Category

Find results using these care categories

Medical Equipment



Prosthetics, hearing aids, wigs, respiratory supplies and more

Estimate Costs for Common Procedures



Office Visit, X-Ray, MRI, Surgery, etc.

Primary Care Provider (PCP)



Providers that treat common medical issues

Medical Care



Providers, specialists, hospitals, labs and more

Dental Care



Dentists, orthodontists, periodontists, endodontists and more

Vision Care



Optometrists, ophthalmologists, lenses and more

All Categories >

Next

CLICK ON FIND THE MEDICAL CARE TAB

Browse by Category



Estimate Costs for Common Procedures

Office Visit, X-Ray, MRI, Surgery, etc.



Primary Care Provider (PCP)

Providers that treat common medical issues

Medical Care

Providers, specialists, hospitals, labs and more



Medical Equipment

Prosthetics, hearing aids, wigs, respiratory supplies and more



Dental Care

Dentists, orthodontists, periodontists, endodontists and more



Vision Care

Optometrists, ophthalmologists, lenses and more



Pharmacy

30-day and 90-day supplies based on network selected

Urgent and Convenience Care

Urgent care centers and Convenience care clinics



In the Browse by Category

**CLICK ON THE MEDICAL CARE TAB TO
EXPAND YOUR SEARCH**

[Browse by Category](#)



Medical Care

Providers, specialists, hospitals, labs and more

General Care

Family medicine, pediatrics, internal medicine and more



Specialist

Chiropractor, physical therapist, dermatologist, OB/GYN and more



Behavioral Health

Psychiatrist, psychologist, family counselor, social worker, substance abuse and more



Hospitals & Outpatient Facilities

General hospitals, ambulatory surgery centers, urgent care centers and more



Labs, Imaging & Radiology

X-rays, MRI, labs, sleep centers, CT scans and more



Urgent and Convenience Care

Urgent care centers and Convenience care clinics



All Specialties (A-Z)

See all specialties and search by specialty name



In the Medical Care Section

**CLICK ON THE BEHAVIORAL HEALTH TAB
TO EXPAND YOUR SEARCH**

Behavioral Health

Psychiatrist, psychologist, family counselor, social worker, substance abuse and more

Psychiatrist or Psychiatric Nurse

Medical providers specializing in the treatment of psychiatric and mental health issues

Psychologist

Medical provider that does mental health therapy.

Licensed Counselor or Social Worker

Master's degree professionals that perform various therapeutic modalities

Applied Behavior Analyst

Providers certified or licensed in Applied Behavior Analysis

Behavioral Health Facility

Facility that provides inpatient, residential and other ambulatory treatment methods

In the Behavioral Health Section

**CLICK ON THE BEHAVIORAL HEALTH TAB
TO EXPAND YOUR SEARCH**

Licensed Counselor or Social Worker

All Specialties ▾ All People & Places ▾ All Genders ▾ All Patient Ratings ▾ Blue Quality Programs ▾ More Filters ▾

VIEW ONLY: ☐ Accepting New Patients WITHIN: 25 miles ▾

REMEMBER: You should always verify with your doctor at the time of service...

[View More](#)

List view Map view

Sort By Distance ▾

Providers:



Lori A De Leo, LCSW

Clinical Social Worker

☐ Add to Compare

[View Profile](#)

LOCATION

Life Connect Health LLC

415 Church St Apt 2802, Nashville, TN 37219

[Get directions](#) (est. 0.4 miles away)

CONTACT INFORMATION

Phone: 844-800-2735

☒ Accepting New Patients

☆☆☆☆☆ [Be the First to Review](#)



1 Affiliation



Procedures they perform

In your network



Christina M Polk, LCSW

Clinical Social Worker

☐ Add to Compare

[View Profile](#)

In the Section you have selected, you can filter your search using the tabs on the filter bar.

More Filters > All Expertise- can help narrow your search to locate appropriate help

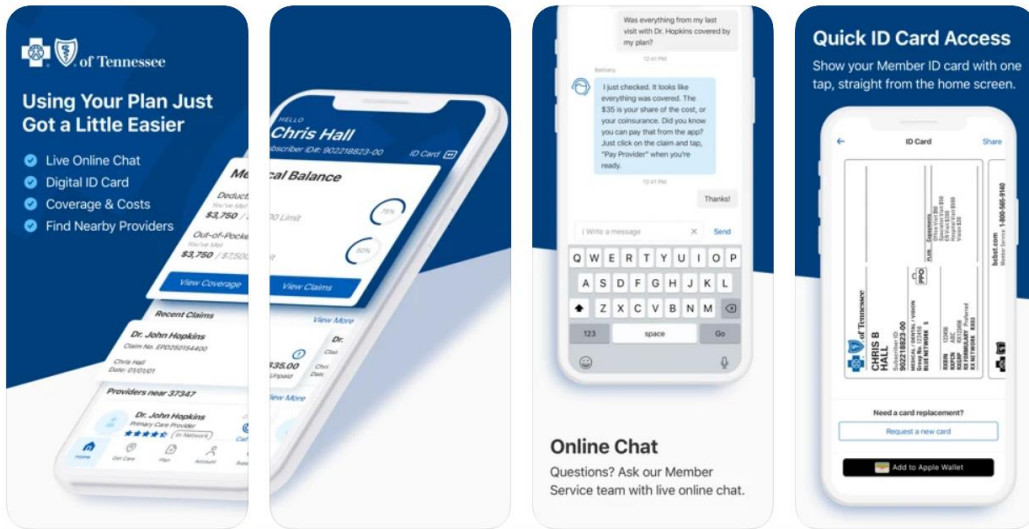


BCBSTN 4+

BlueCross BlueShield Tennessee
BlueCross BlueShield of Tennessee

★★★★★ 4.9 • 58 Ratings

Free



[BCBSTN on the App Store](#)
[\(apple.com\)](#)

[BCBSTN - Apps on Google Play](#)

Log In

Use your bcbst.com username/password.



Log In

[Forgot your Username / Password](#)



[Register a new account](#)



Once you have downloaded and opened
your app

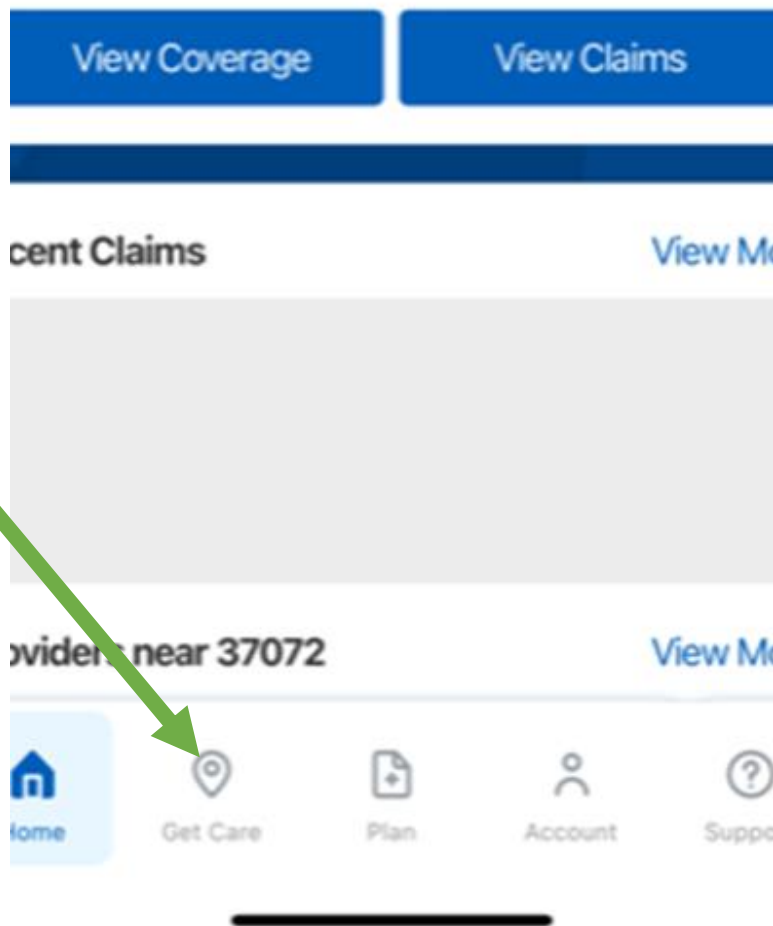
CLICK ON LOG IN –

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OR

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account




Once you are signed in, your home page will look something like the picture above.
Scroll to the bottom

CLICK ON GET CARE

SEARCH

Get Care

 Find a Doctor and Estimate Costs

My Network 

Browse by Category

[Browse All](#)

 Estimate Costs for Common Procedures

 Primary Care Provider (PCP)

 Medical Care

 Medical Equipment

 Dental Care

 Vision Care

 Prescription Pricing and Refills 



Home



Get Care



Plan



Account



Support

Next

CLICK ON THE MEDICAL CARE TAB



Medical Care

General Care



Specialist



Behavioral Health



Hospitals & Outpatient Facilities



Labs, Imaging & Radiology



Urgent and Convenience Care



In the Medical Care

**CLICK ON THE BEHAVIORAL HEALTH TAB
TO EXPAND YOUR SEARCH**



Behavioral Health

Psychiatrist or Psychiatric Nurse



Psychologist



Licensed Counselor or Social Worker



Applied Behavior Analyst



Behavioral Health Facility

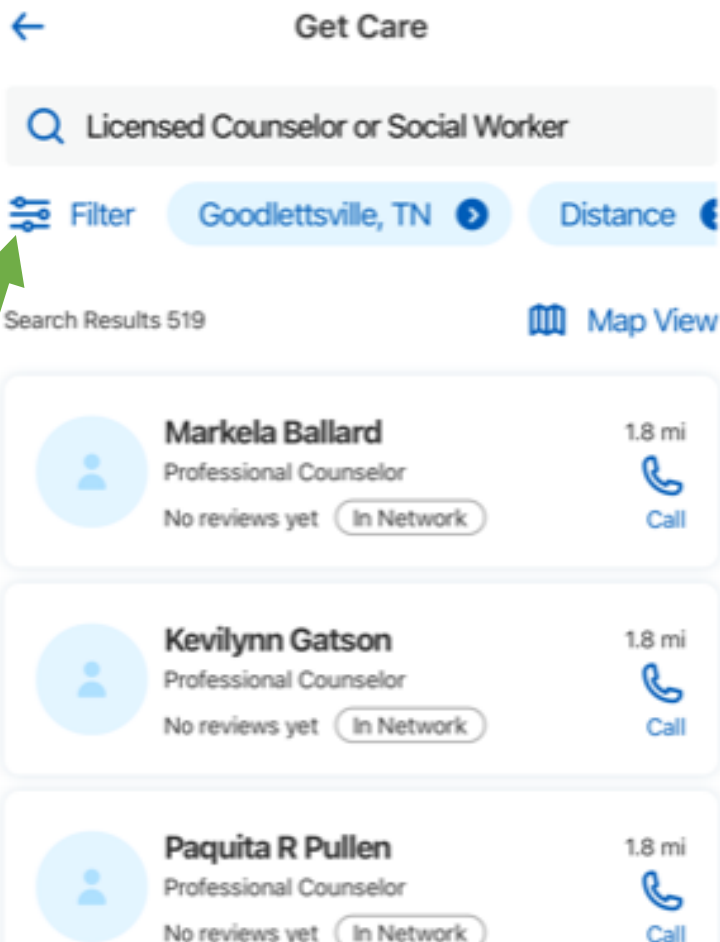


Community Mental Health Center



In the Behavioral Health Section

**CLICK ON THE BEHAVIORAL HEALTH TAB
TO EXPAND YOUR SEARCH**



In the Section you have selected, you can filter your search using the tabs on the filter bar.

Filtering your search can help narrow your search to locate appropriate help