



Getting Started with the CareFirst Behavioral Health Digital Resource

We're committed to supporting your behavioral health needs and helping you access appropriate care. Our new Behavioral Health Digital Resource is designed to provide a confidential environment for you to:

- Talk with someone who understands
- Learn new coping skills
- Join a support forum
- Connect with a licensed therapist¹

CareFirst is working with 7 Cups of Tea² (7 Cups), the world's largest behavioral health support system, to provide this digital resource at no cost to you.

Getting started

All members 13 years and older covered by CareFirst medical insurance can set up their own, private account.

Getting started is as easy as 1-2-3!

Follow the steps on the following page to begin.

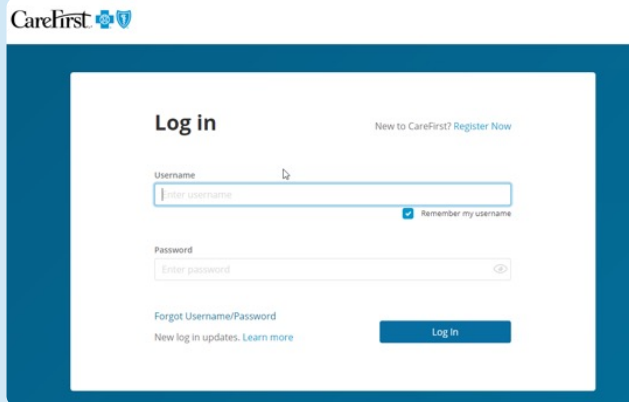
¹ Standard medical benefits apply.

² 7 Cups is an independent company that does not provide Blue Cross Blue Shield products or services.

Step 1:

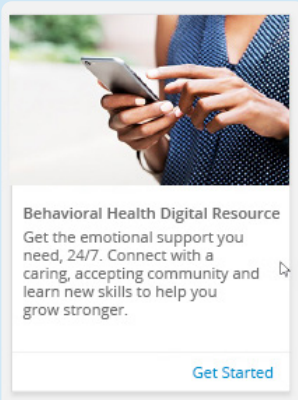
To set up your account, visit carefirst.com/myaccount and enter your CareFirst *My Account* username and password.

7 Cups is in the process of developing an app for exclusive use by CareFirst members. This app will be available in late September.



Step 2:

Once logged in to *My Account*, scroll to the bottom of the page to *Featured Resources* and select the *Behavioral Health Digital Resource* tile.



Step 3:

Click on *Get Started* to begin your journey to better mental health.

