

From: Member.Comm@mail-bcbsnc.com

Subject: [U42896Ea_Headway]: Behavioral Health Support for Children and Adults



Behavioral Health Support for Children and Adults

[Find a therapist today!](#)

At Blue Cross and Blue Shield of North Carolina (Blue Cross NC), we know how hard it can be to find behavioral health care, especially for children. It can seem impossible to find a therapist close to home who has openings and is a good fit for you or your child.



This is why we're working with Headway –

to help your family find and work with the right behavioral health providers.



Headway works with children ages 6 and up (as well as adults).



You can get an appointment in **as soon as 48 hours**. On average, new Headway patients have their first visit within five days of signing up.



Headway therapists work both in person and virtually. The right therapist for you or your child can be anywhere in the state — and with virtual appointments, there's no need to drive!



Headway matches each patient to the therapist who is best suited for their needs. After you answer questions about you or your child, they will find a therapist who has worked with similar patients and is a good personality fit. You can also ask for therapists who share your race, ethnicity, language or other traits.

See how Headway can help.



"...The customer experience at Headway hit the nail on the head. They worked overtime to ensure that I found the perfect match."

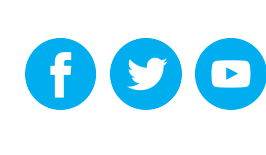
Blue Cross NC Member
Headway user



"It was really tough to find someone who specializes in autism for my six-year-old daughter. She now sees a Headway provider that has the exact [experience with autism] I was looking for! It has had a positive impact on my daughter's life and family."

Blue Cross NC Member
Headway parent

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Headway is an independent company providing behavioral health services on behalf of Blue Cross NC. Headway does not offer Blue Cross or Blue Shield products or services.

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From: Member.Comm@mail-bcbsnc.com

Subject: [U42896Eb_Teladoc]: Virtual Behavioral Health Support for Teens and Adults



Virtual Behavioral Health Support for Teens and Adults

[Find a therapist today!](#)

At Blue Cross and Blue Shield of North Carolina (Blue Cross NC), we know how hard it can be to find behavioral health care, especially for young people. It can seem impossible to find a therapist close to home who has openings and is a good fit for you or your child.



This is why we're working with Teladoc® –

to help your family work with behavioral health providers from home or wherever you may be.

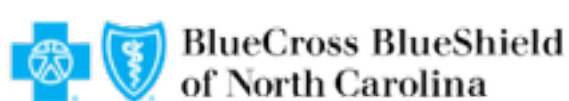


Teladoc behavioral health care is now available to **people ages 13+**. (Parents must attend the first therapy session with children under 18.)



Teladoc offers appointments via phone, video or app. No need to drive – these virtual options make it easy to get care from the comfort of your home or wherever you are.

[Find a therapist today!](#)



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From: Member.Comm@mail-bcbsnc.com

Subject: [U42896Ec_Headway & Teladoc]: Behavioral Health Support for Children and Adults



Behavioral Health Support for Kids, Teens and Adults

Try Headway today!

Try Teladoc today!

At Blue Cross and Blue Shield of North Carolina (Blue Cross NC), we know how hard it can be to find behavioral health care, especially for children.



This is why we're working with Headway and Teladoc® –

to help your family work with the right behavioral health providers wherever you may be.

Benefits of using Headway:



Headway therapists work in person and virtually for people ages 6 and up.



Headway matches each patient to the therapist best suited to their needs and personality.

Benefits of using Teladoc:



Teladoc behavioral health care is now available to people ages 13+. (Parents must attend the first therapy session with children under 18.)

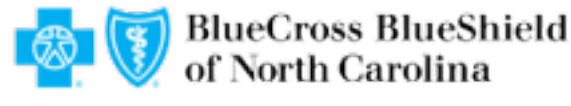


Teladoc offers appointments via phone, video or app. No need to drive – these virtual options make it easy to get care from the comfort of your home or wherever you are.

Both Headway and Teladoc provide excellent behavioral health care. Pick the solution that works best for you and your family. Visit Headway.co/BlueCrossNC or Teladoc.com.

Try Headway today!

Try Teladoc today!



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