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MEMBER WEBSITE NOTIFICATION

Dear Psychcare Member:

Psychcare handles your mental health benefits for your health Plan. We would like to tell you about our website. Our website address is www.psychcare.com.

You can read about:

- How we keep your information private
- Patient Safety Practices
- Local community resources, national support organizations, and 12-step programs
- How to get information about:
 - ✓ Your benefits
 - ✓ Questions you might have about our network practitioners
 - ✓ How to file a complaint
 - ✓ What to do if you have an emergency, or have to see a specialist
 - ✓ How to get treatment
 - ✓ What's new in mental health treatment

You can get information on how to get help for your problems.

And ways to help feel better by:

- Including your family or significant other(s) in your treatment
- Keeping your outpatient appointment after you leave the hospital
- Understanding the differences between a medication management visit and a therapy visit
- The importance of your Primary Care Physician's involvement in your behavioral health treatment with your Psychiatrist or Therapist

You can get current information about:

- Depression
- Alzheimer's Disease
- Bipolar Disorder
- Schizophrenia
- Childhood ADHD
- Substance Abuse
- Stress Management
- Domestic Violence
- Anorexia or Bulimia
- How to Stop Smoking

Most of the information on the website can be printed from the site. If you would like a hard copy of any information, please call us at (800) 221-5487, Monday through Friday, 8:30 AM to 5:30 PM. Let us know what information you would like and we will send it to you.

Thank you,
Psychcare