

# IT'S HARD TO ASK FOR HELP. BUT WE MAKE IT EASY TO GET IT.

Seeking support for substance use disorder is never easy. We're here for you and your loved ones with no judgment, no matter what you're going through.



## AVAILABLE RESOURCES

The outpatient programs below are covered by your plan. **If you're experiencing a serious or life-threatening situation, call 911 or go to your nearest emergency room.**

**Aware Recovery Care** offers treatment for alcohol misuse, opioid misuse, and other substances. Their specially trained team of addiction professionals provides in-home care for residents of Massachusetts, Maine, and New Hampshire. Call **1-844-292-7372**.

**DynamiCare Health** provides digital technologies and coaching through a smartphone app for alcohol, drug, and tobacco misuse. Schedule a consultation at [get.dynamicarehealth.com/bcbsma](https://get.dynamicarehealth.com/bcbsma).

**Forge Health**<sup>®</sup> provides in-person and virtual treatment for substance use disorders and mental health issues. Forge VFR is a specialized program that meets the unique needs of veterans, active-duty military, first responders, and emergency and health care professionals and their families. Services are available in Massachusetts and New Hampshire. Call **1-888-224-7312**.

**Eleanor Health** offers virtual substance use disorder treatment anywhere in the state of Massachusetts, and in-person or hybrid treatment at their Brockton, Lowell, and Worcester locations. Call **1-866-209-9692**.

### USE YOUR EMPLOYEE ASSISTANCE PROGRAM

Find support for mental health concerns and substance use disorder through **Lyra Health**, an independent company that provides up to eight virtual or in-person sessions per plan year at no additional cost to you.\* Get started at [local4funds.lyrahealth.com](https://local4funds.lyrahealth.com), or call **1-844-926-2482**.

\*Additional sessions through Lyra Health are covered by your plan and are subject to deductibles, copays, and co-insurance.

For additional resources, call Karen Larsen,  
Local 4 Funds' Office Social Worker and Care Coordinator, at **1-508-533-1400**, extension 127.



## GET STARTED

Download the MyBlue app, and sign in or create an account at [bluecrossma.org](https://bluecrossma.org). Once signed in, use the Find a Doctor & Estimates Costs tool to locate counselors, recovery facilities, and more. You can also call Team Blue at **1-888-389-7764** Monday through Friday, from 8:30 a.m. to 4:30 p.m. ET.



**MASSACHUSETTS**

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).