Finding mental health care is easier with Quartet

We've teamed up with Quartet to make it easier to connect to the mental health care that's right for you. Your health plan gives you access to Quartet at no cost.

Quartet does the legwork to connect you to mental health care that fits your needs, preferences, and benefits. That includes matching you with a provider who is in your health plan's provider network.

Mental health care can help you manage many common experiences and mental, behavioral, or emotional disorders, including:

- Burnout - feeling emotionally exhausted, tired and/or stressed
- Feeling overwhelmed, hopeless, sad, down
- Feeling nervous, on edge, anxious, or intense feelings of fear or anxiety
- Recent traumatic event

How to get started

You can get started with Quartet at quartethealth.com/ibx or by calling 215-839-9906.* Quartet will match you with a local mental health provider based on the information provided about you and your benefits.

Once you've been matched, Quartet will connect you and your mental health provider so you can schedule your first appointment.

Make your mental health a priority.
Visit **quartethealth.com/ibx**
or call **215-839-9906.**

Mental health care options

Quartet can connect you with the following mental health care options:



Therapy

A therapist can help you talk through your thoughts, feelings, and experiences. You can work on solving problems, changing behaviors, and learning how to manage stress.



Psychiatry

A psychiatrist is a doctor who specializes in treating mental health conditions using medication. Some people who see a psychiatrist also see a therapist to talk through their experiences.



Digital programs

Online programs can help you manage symptoms like stress, anxiety, or sadness. They offer tools that help you change behaviors and improve your outlook, and they can be done on your own or with the support of a coach.

*Some members may not have access to Quartet as part of their benefits plan. Please call the number on the back of your member ID card to determine if this benefit applies to your coverage.

Everyone's experiences are different. If you feel like you may need help or support, talk to your doctor about the best care for you.

The information you share with Quartet is confidential. If you see a provider, cost-sharing (i.e., copay, coinsurance, or deductible) may apply based on your benefits.

Quartet is a separate and independent company that provides mental health services for Independence Blue Cross members.

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association

Independence

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