

For brokers and producers only

Date: October 14, 2021

Markets: All (except Medicare Advantage, Medicaid, CFA)

Mark Your Calendar! Behavioral Health Digital Resource Training

Earlier this month, CareFirst BlueCross BlueShield launched an innovative Behavioral Health Digital Resource, along with 7 Cups of Tea (7 Cups) to provide a safe environment for members to connect and seek help for all levels of mental health support. This resource is available to all commercial market segments, fully insured and self-funded.

The 7 Cups platform is international and offers flexible solutions, a focus on mental wellness and prevention, multi-lingual support and anonymity for members at no cost to members or accounts.

November Training Dates

We encourage you to join us for one of three upcoming training webinars about this cutting-edge resource. Choose from one of the following:

Webinar #1: Thursday, November 4, 2021

3:00 p.m. to 4:00 p.m. | [Register Now](#)

Webinar #2: Wednesday, November 10, 2021

9:00 a.m. to 10:00 a.m. | [Register Now](#)

Webinar #3: Thursday, November 11, 2021

11 a.m. to 12:00 p.m. | [Register Now](#)

For additional background and communications materials, please refer to the [September Broker News](#). And, check out the new member landing page at www.carefirst.com/bhdr!

For more information

If you have any questions, please contact your account consultant.