

For brokers and producers only

Date: July 7, 2022

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

July Behavioral Health Digital Resource Email Recognizes Importance of Self-Care

We have chosen self-care as our theme this month to promote our [Behavioral Health Digital Resource \(BHDR\)](#), powered by 7 Cups. When it comes to taking care of ourselves, we all have different needs. The BHDR is a great place for your clients and their employees to discover what their needs are as they begin their own self-care journeys.

Our BHDR is one of many ways we can support clients in taking care of themselves and their workforce.

For more information

If you have any questions, please contact your CareFirst Account Consultant.