



# Getting Started with the CareFirst Behavioral Health Digital Resource

We're committed to supporting your behavioral health needs and helping you access appropriate care. Our new Behavioral Health Digital Resource is designed to provide a confidential environment for you to:

- Talk with someone who understands
- Learn new coping skills
- Join a support forum
- Connect with a licensed therapist<sup>1</sup>

CareFirst BlueCross BlueShield (CareFirst) is working with 7 Cups of Tea (7 Cups), the world's largest behavioral health support system, to provide this digital resource at no cost to you.

## Getting started

All members 13 years and older covered by CareFirst medical insurance can set up their own, private account.

### Getting started is as easy as 1-2-3!

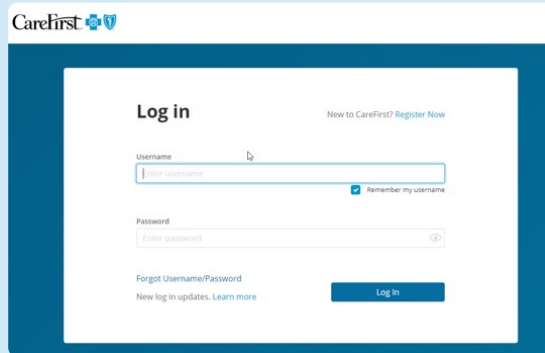
Follow the steps on the following pages to begin.

<sup>1</sup> Standard medical benefits apply.

## Getting started using a computer:

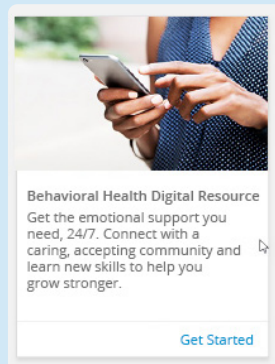
### Step 1:

To set up your account, visit **carefirst.com/myaccount** and enter your CareFirst *My Account* username and password.

The image shows the CareFirst website's login page. At the top left is the CareFirst logo. The main heading is "Log in". To the right of the heading is a link that says "New to CareFirst? Register Now". Below the heading are two input fields: "Username" and "Password". The "Username" field has a placeholder text "Enter username" and a "Remember my username" checkbox to its right. The "Password" field has a placeholder text "Enter password" and a small icon to its right. Below these fields are two links: "Forgot Username/Password" and "New log in updates. Learn more". At the bottom right is a blue "Log in" button.

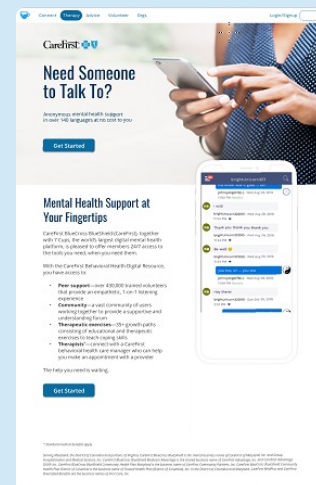
### Step 2:

Once logged in to *My Account*, scroll to the bottom of the page to *Featured Resources* and select the *Behavioral Health Digital Resource* tile.



### Step 3:

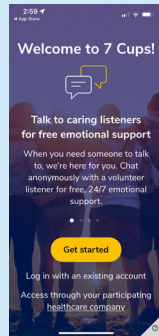
Click on *Get Started* to begin your journey to better mental health.



## Getting started using a mobile device:

### Step 1:

Download and open the 7 Cups app. Click *Get Started* to begin.

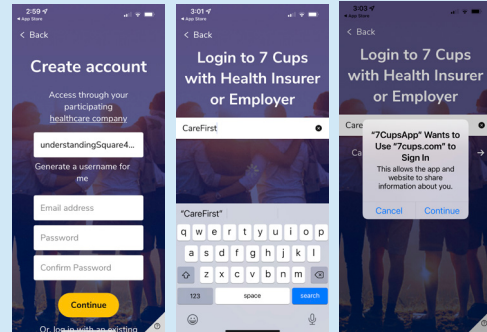


### Step 2:

Click *Get Premium for free with your Health Insurer or Employer (USA only)*.

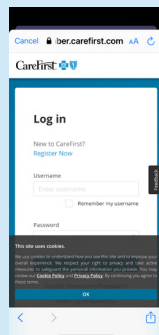
Type in "CareFirst" and select it in the drop-down menu.

When prompted, select *Continue*.



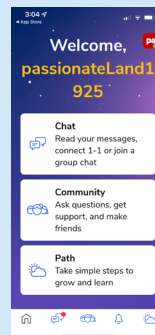
### Step 3:

Log in to *My Account* using your CareFirst credentials.



### Step 4:

Begin using the 7 Cups app.



To learn more, visit [carefirst.com/bhdr](https://carefirst.com/bhdr).

7 Cups is an independent company that does not provide Blue Cross Blue Shield products or services.

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