



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*

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

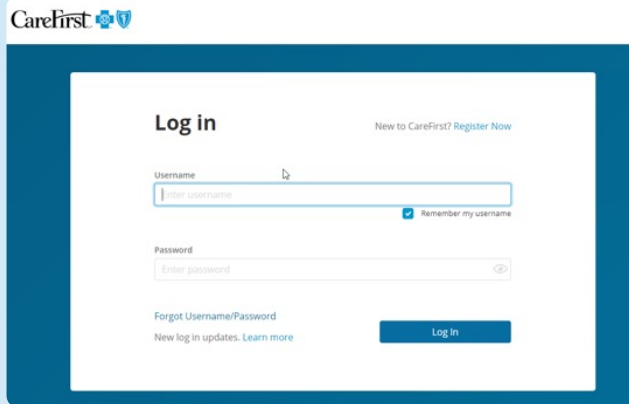
As a CareFirst member, this resource is also available to family members 13 years and older and will have their own, private account.

Follow the steps on the following page to begin.

* Standard medical benefits apply.

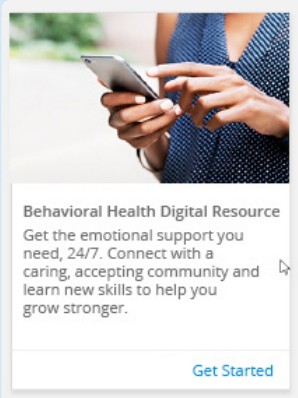
Step 1:

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



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.

