

Provider Resources for Behavioral Health



FirstCare Health Plans members have access to confidential, convenient online therapy and psychiatry.

To simplify the process and ease the burden on primary care providers, FirstCare teamed up with MDLIVE's virtual behavioral health services to provide a wide array of assistance from self-led computerized Cognitive Behavioral Therapy to a national network of licensed counselors and board-certified psychiatrists.

Please consider recommending MDLIVE as a viable solution in meeting the behavioral healthfull-care needs for your FirstCare patients. This improves access, removes barriers to treatment and reduces medical costs and lost productivity.

A better solution

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National NCQA-credentialed network of experienced counselors and psychiatrists



On average, members with comorbid medical and treated behavioral conditions show a savings of \$50 PMPM³



Virtual guidance tools, assessments, and selfled options including computerized Cognitive Behavioral Therapy to drive utilization and engagement



Average turnaround time of 14 days to see a psychiatrist and 5 days to see a counselor for initial visits

Common conditions

- Addictions
- Bipolar disorders
- Depression
- Eating disorders
- Grief and loss
- Life changes
- Panic disorders
- Parenting issues
- Postpartum depression
- Stress / Anxiety
- Trauma and PTSD

my.FirstCare.com 1-800-718-5082

Member Access to MDLIVE:



Download the app. Join for free. Visit a doctor.

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¹ National Institute of Mental Health ² Mental Health America ³ Milliman "Chronic Conditions and Comorbid Psychological Disorders"