



Introducing Horizon MindCare

As a Horizon member, you now have exclusive access to a private and secure online behavioral health platform. Horizon MindCare provides personalized behavioral health and resilience information, tools and resources.

You have online access to:

- **Assessments:** Access multiple well-being assessments to learn more about your mental health. At the end of each assessment, you receive a score along with recommended resources and actionable steps.
- **Topic centers:** Check out over 230 mental health and well-being topics, along with associated resources conveniently organized in lists.
- **Resources:** Find a wealth of podcasts, books, articles and videos.
- **In-network care solutions:** Find in-network behavioral health providers, facilities and virtual health solutions.

To begin your journey towards better health, take the Wellness Check-In Assessment. This assessment will match you with evidence-based, in-network solutions that match your specific needs. You can choose between self-help resources and professional services.



To access Horizon MindCare, sign in to HorizonBlue.com or the **HorizonBlue app**¹ and select *Horizon Behavioral Health*.

HorizonBlue.com

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¹To download the **Horizon Blue app**, text **GetApp** to **422-272**, or download it from the App Store[®] or Google Play[™]. There is no charge to download the **Horizon Blue app**, but rates from your wireless provider may apply. App Store[®] is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play[™] is a trademark of Google LLC.

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