

# Help for substance use right here in North Carolina

If you or a loved one is struggling with alcohol or drugs, Blue Cross and Blue Shield of North Carolina (Blue Cross NC) is here for you. Your health plan benefits include:



Safe, accessible and accredited treatment centers in North Carolina



High-quality behavioral health care providers in our network



Coverage for medications that treat substance use disorder

Our **Behavioral Health Care Navigation team** is here to help you find the right provider for your substance use treatment.<sup>1</sup> Two ways to get started with a Care Navigator:

- Call 800-755-0798, or
- Fill out a form at [BlueCrossNC.com/CareNavigationForm](https://BlueCrossNC.com/CareNavigationForm)

You can also use the Find Care tool in your Blue Connect<sup>SM</sup> account to search for in-network mental health and substance use providers and support.<sup>2</sup> No account? Sign up for one at [BlueConnectNC.com](https://BlueConnectNC.com).

## Keep naloxone handy

Naloxone is a type of medication that can save someone's life if they have an opioid overdose. Blue Cross NC covers several naloxone products at no cost to you. You don't need a prescription. Ask your pharmacist for naloxone to have on hand in case of an emergency.



## Here for you

Let us help you find the right care. Visit [BlueCrossNC.com/CareNavigationForm](https://BlueCrossNC.com/CareNavigationForm) to get started.

<sup>1</sup> Blue Cross NC offers care management and health and wellness programs as a convenience to aid members in improving their health and following their doctor's plan of care. Results are not guaranteed. Decisions regarding your care should be made with the advice of your provider. Blue Cross NC reserves the right to discontinue or change these programs at any time.

<sup>2</sup> Blue Cross NC offers several decision support tools to aid you in making decisions around your health care experience. These tools are offered for your convenience and should be used only as reference tools. You should consult your own legal counsel, tax advisor or personal physician as applicable throughout your health care experience.

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