



Health Plans

For Individual and Family Plan Members

Your Behavioral Health Program

Provided by Health First Health Plans and Optum

Health First Health Plans uses a behavioral health benefit manager, Optum, to provide a member-focused behavioral health program that focuses on early intervention and prevention services to positively impact overall well-being.

Welcome-home calls

Our welcome-home calls are for members who are discharged from higher levels of care. We provide initial and ongoing welcome-home calls to ensure members are successfully transitioning and getting the right tools and resources needed for a successful recovery.

Online tools and resources: Optum.com

Members are given unique access to a member website where a variety of tools and resources are available to help and assist members based on their needs. With a number of different self-assessments, library articles, resource guides and other information, members can learn about different conditions and understand how to incorporate their condition into their daily living.

Integrated medical and behavioral care

Our clinical staff works together with primary care providers in coordinating prevention, care plans, resources and status reporting for members. This team of experts is focused on getting you better so you can get back to doing the things you love most.

Ongoing support

Case managers are available to provide continued and additional support when eligible, to ensure a successful recovery

Our program offers:

- Outpatient solutions
- Welcome-home calls
- Online tools and resources
- Integrated medical and behavioral care
- Ongoing support

Optum can be reached
at **866.323.4077**



For more information,
call us at **1.855.443.4735**
Monday through Friday,
8 a.m. to 6 p.m., or
contact your broker.