

# LSU

## MENTAL HEALTH AND WELLNESS



## TELEMEDICINE SERVICES

Telemedicine consists of online, virtual visits that allow physicians to treat patients by the use of a computer or smartphone. These visits are with board-certified mental health providers. They can assist with anxiety, depression, stress, grief, substance abuse, post-traumatic stress disorder, and more. You can visit with providers from home, work, or anywhere that is convenient for you.

**LSU First—Health Anywhere:** Health Anywhere is a First Choice provider, meaning the visits are covered at 100% with no out-of-pocket costs to you. Visit [ochsnerlg.org/healthanywhere](https://ochsnerlg.org/healthanywhere) for more information.

**Pelican and Magnolia Plans—BlueCare:** BlueCare is In-Network with the Pelican and Magnolia plans. Costs may vary based on the plan design. Visit [bcbsla.com/find-a-doctor/telemedicine](https://bcbsla.com/find-a-doctor/telemedicine) for more information.

LSU believes that the mental health and wellbeing of our faculty and staff are paramount. LSU strives to provide easy and affordable access to services that promote and strengthen mental health.

Employees and covered dependents who are currently enrolled in health insurance through LSU, including LSU First and the Pelican and Magnolia plans, have access to a wide variety of mental health services. Services include inpatient treatment, outpatient visits, and virtual visits through telemedicine providers. Medications prescribed to treat mental health conditions are also covered based on the plan design.

## OUTPATIENT SERVICES

Outpatient services are scheduled appointments typically received in a provider's office or clinician setting. Providers can include social workers, professional counselors, psychologists, psychiatrists, and more. Services can range from therapy, counseling, and treatment for various issues such as anxiety, depression, post-traumatic stress disorder, and more.

**LSU First: First Choice**  
Providers are covered at 100% after the Health Reimbursement Account (HRA) is exhausted. In-Network providers are covered at 80% after the HRA and deductible is met.

**Pelican HRA 1000 & HSA 775:**  
In-Network providers are covered at 80% after the deductible is met. Both plans offer access to the HRA and HSA to offset costs.

**Magnolia Local & Local Plus:**  
\$25 copay per visit for In-Network providers.

**Magnolia Open Access:** In-Network providers are covered at 90% after the deductible is met.

**Vantage HMO:** \$10-25 copay per visit for In-Network providers.





# LOCATING

# A PROVIDER

One of the most important steps in treating a mental health condition is finding a provider that can meet your specific needs. Below are some providers covered under each health plan offered through LSU. To find additional mental health providers under your health insurance plan, please visit [lsu.edu/benefits](https://lsu.edu/benefits).

## LSU FIRST

[First Choice Network](#)

[Verity Network](#)

[Aetna ASA National Network](#)

[Health Anywhere Telemedicine](#)

## PELICAN & MAGNOLIA PLANS

**\*Not including Magnolia Local**

[BCBS National Network](#)

[BlueCare Telemedicine](#)

## MAGNOLIA LOCAL

[BCBS Community Blue](#)

[BCBS Blue Connect](#)

[BlueCare Telemedicine](#)

## VANTAGE HMO

[Affinity Health Network](#)

For additional resources, information, or questions, please contact Human Resource Management at 225-578-8200 or [hr@lsu.edu](mailto:hr@lsu.edu).