MENTAL HEALTH AND WELLNESS

LSU IS HERE FOR YOU!

Here at LSU, we believe that the mental health and well-being of our community is paramount. LSU strives to provide easy and affordable access to services that promote and strengthen your mental health. Below you can find additional information regarding outpatient mental health services related to your health insurance plan with LSU.

Outpatient Coverage:

- **LSU First**: First Choice Providers are covered at 100% after Health Reimbursement Account (HRA) is used.
- **Pelican Plans**: In-Network providers are covered at 80% after deductible.
- **Magnolia Local & Local Plus**: $25 co-pay per visit for In-Network provider visits.
- **Magnolia Open Access**: In-Network providers are covered at 90% after deductible.
- **Vantage HMO**: $20 primary care physician (PCP) co-pay and $45 specialty co-pay per visit for In-network provider visits.

Who is eligible?

This is a summary of the mental health coverage for employees who are enrolled in a health plan through LSU. Full-time employees can enroll during the new hire process or during open enrollment.

**OGB - BlueCare**

Blue Cross Blue Shield Plans can now use BlueCare with behavioral health providers. Bluecare is a telehealth service in which you can visit with doctors online 24/7 from home, work, or anywhere you may need care. The behavioral health providers can help you via BlueCare with anxiety, depression, stress, grief, substance abuse, coping with life transitions, couples counseling and more. For more information regarding BlueCare, visit [http://www.bcbsla.com/find-a-doctor/telemedicine](http://www.bcbsla.com/find-a-doctor/telemedicine).

For additional resources, information, or questions, please contact your local Human Resources Department.