



**BlueCross BlueShield
of Alabama**

Your Behavioral Health Services

As part of your ADT medical benefit plan administered by Blue Cross and Blue Shield of Alabama, you and your covered dependents also have behavioral health benefits. These include mental health services, chemical dependency (alcohol and drug abuse services) and more.

Some covered benefits for mental and nervous disorders, chemical detoxification and rehabilitation services include:

What is covered?



- **Inpatient care**
- **Outpatient visits**
- **Individual, group & family therapy or counseling**
- **Psychological tests**
- **Lab tests**

Behavioral health includes an expansive range of providers trained to render behavioral health benefits. A few of these providers are:

Who can help?



- **Adult psychiatrists**
- **Child and adolescent psychiatrists**
- **Clinical psychologists**
- **Licensed professional counselors**
- **Licensed clinical social workers**

In order to maximize your behavioral health benefits, always receive services from in-network providers. To locate an in-network behavioral health provider:

How do I find them?



- 1 Visit www.bcbsal.com/adt and click "Find A Doctor."**
- 2 Select either "Search by Keyword" or "Search by Specialty."**
- 3 Enter your three-digit alpha prefix.**

