



Patty's Points



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May is Behavioral Health Awareness Month. Did you know the District offers an Employee Assistance Program (EAP) at no cost to you?

Dear Patty,

Q: I am feeling overwhelmed and stressed. How do I find a Behavioral Health Counselor through the Employee Assistance Program (EAP)?

A: You may call Lucet EAP at 1-800-624-5544 and they will assist you in finding a Behavioral Health Counselor.

Q: I exhausted my **five no cost sessions per issue** with a counselor through the Lucet EAP. Can I continue with the same counselor using my Florida Blue benefits?

A: Yes, if the counselor is a participating provider, you may continue your sessions and pay the appropriate copay for a virtual visit or an office visit.

Q: How do I find an in-network behavioral health specialist (i.e., behavioral health counselor, Psychiatrist, etc.) who accepts my Florida Blue insurance?



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A: You may call Lucet Behavioral Health at 1-866-287-9569, 24 hours a day, 7 days a week or search the directory online through My Health Tool Kit.

Q: What is the office copay for consultations with an **in-network** behavioral health specialist under the BlueCare HMO plan?

A: There is a \$55 copay per visit for virtual visits and \$75 copay per visit for office visits.

Q: Are there limits to the number of visits?

A: No, there are no limits to the number of behavioral health counseling visits.

Q: I am out of state and feeling depressed. How do I access a Behavioral Health Counselor?

A: Through Teladoc you may access a Behavioral Health Counselor. Click [here](#) for more information. The copay is \$40 per visit. This service is available only for adults aged 18 and older.