



Getting Started with the CareFirst Behavioral Health Digital Resource

We're committed to supporting your behavioral health needs and helping you access appropriate care. Our new Behavioral Health Digital Resource is designed to provide a confidential environment for you to:

- Talk with someone who understands
- Learn new coping skills
- Join a support forum
- Connect with a licensed therapist¹

CareFirst BlueCross BlueShield (CareFirst) is working with 7 Cups of Tea (7 Cups), the world's largest behavioral health support system, to provide this digital resource at no cost to you.

Getting started

All members 13 years and older covered by CareFirst medical insurance can set up their own, private account.

Getting started is as easy as 1-2-3!

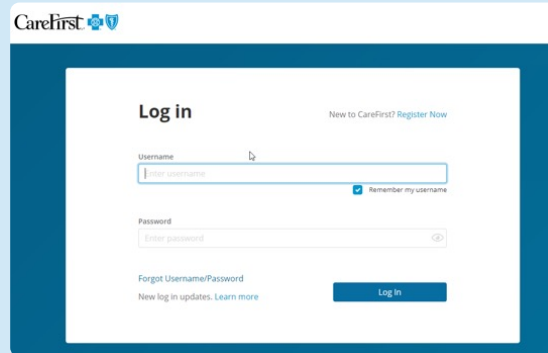
Follow the steps on the following pages to begin.

¹ Standard medical benefits apply.

Getting started using a computer:

Step 1:

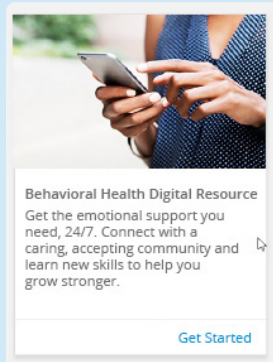
To set up your account, visit carefirst.com/myaccount and enter your CareFirst My Account username and password.



The screenshot shows the CareFirst website's login page. At the top left is the CareFirst logo. The main heading is "Log in" with a link "New to CareFirst? Register Now" to the right. Below the heading are two input fields: "Username" with a placeholder "Enter username" and a "Remember my username" checkbox, and "Password" with a placeholder "Enter password" and a toggle icon. Below the password field is a link "Forgot Username/Password" and another link "New log in updates. Learn more". A blue "Log in" button is at the bottom right.

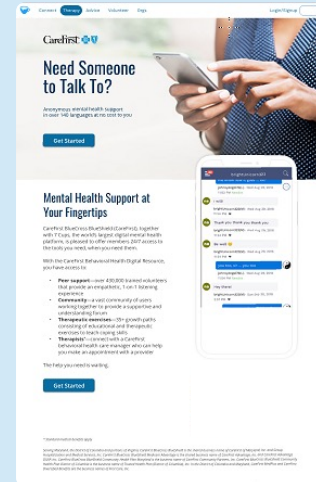
Step 2:

Once logged in to *My Account*, scroll to the bottom of the page to *Featured Resources* and select the *Behavioral Health Digital Resource* tile.



Step 3:

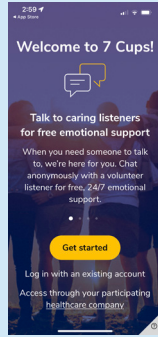
Click on *Get Started* to begin your journey to better mental health.



Getting started using a mobile device:

Step 1:

Download and open the 7 Cups app. Click *Get Started* to begin.

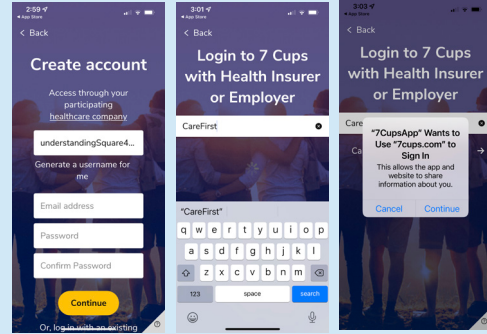


Step 2:

Click *Get Premium for free with your Health Insurer or Employer (USA only)*.

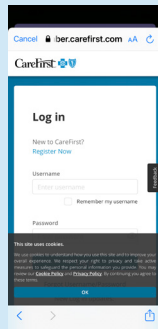
Type in "CareFirst" and select it in the drop-down menu.

When prompted, select *Continue*.



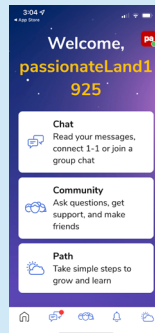
Step 3:

Log in to *My Account* using your CareFirst credentials.



Step 4:

Begin using the 7 Cups app.



To learn more, visit carefirst.com/bhdr.

7 Cups is an independent company that does not provide Blue Cross Blue Shield products or services.

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