MOLINA HEALTHCARE

Provider Newsflash

A fax bulletin for the Molina Healthcare of Washington Provider Network

BeMe: A Digital solution focused on enhancing mental health and well-being for teens

(Medicaid)

What is BeMe:

BeMe is a teen-centric mobile app that supports the mental health of all teens. Created by scientists and youth technology experts, it's designed for teens 13-19 to help cope with stress, anxiety, depression, and self-esteem. BeMe is also intended to help with school, family, and friends. Using the BeMe app, teens can chat with a personal coach, watch teen-centered mental wellness content, and access support services including crisis support 24/7. BeMe also connects youths to virtual and in-person behavioral health care when needed.

Who is BeMe Available To?

BeMe is accessible to Molina WA Apple Health (Medicaid) teens, ages 13-19 at no cost.

Who can refer to BeMe?

- Parents, caregivers, or educators who are seeking any level of mental wellness support for teens
- Teens who are directly seeking any level of mental wellness support

Referral case scenarios

- Educating teen/caregiver on new benefits
- Any teen who would benefit from a daily mental wellness support resource.
- Initiating care management for behavioral health
- Continuing care post-clinical treatment (hospitalization, post-outpatient therapy)
- Supporting ongoing clinical care by augmenting treatment
- Promoting integration of behavioral health care (e.g., teen in oncology therapy)

Referring teens could not be more accessible! Advise members to use their mobile phone to download the app using the attached link: bemeteen.com/3SBPG33 **or** use the camera on their phone to scan the QR below to download the app:

→ Scan to download the BeMe app!

Have questions, want to learn more, or want to receive member-facing flyers for your office? Please reach out to Audrey Silliman (Audrey.Silliman@molinahealthcare.com), Gayatree Sapre (Gayatree.Sapre@molinahealthcare.com) or your assigned provider relations representative.