NOT ALL PAIN IS PHYSICAL.

1 in 4 adults in the U.S. struggle with symptoms of depression, anxiety and/or other mental health treated illnesses.

It is time to rethink how we care for those who are suffering from these illnesses.

CDC. (2002). Mental Illness Surveillance Among U.S. Adults
A better solution

The Best Doctors Behavioral Health Navigator leverages a cross-functional team of leading psychologists, psychiatrists and social workers to identify the correct diagnosis and provide an action plan for you and your eligible dependents struggling with behavioral health illnesses.

Beyond an expert assessment, Best Doctors Behavioral Health Navigator provides you ongoing navigational support as you journey through the complex mental health system. In addition, our team of experts provide coaching to your treating physicians to help improve care coordination and outcomes.

The process is discreet, confidential and convenient:

- When you call Best Doctors, you will be connected with the director of psychology and/or our mental health director who perform a video intake, determining need for additional testing/record collection.
- The mental health medical director and director of psychology create a clinical summary, with recommendations for diagnosis and treatment.
- An expert psychiatrist reviews your case and provides recommendations. Best Doctors creates a comprehensive report and action plan with the findings.
- A Behavioral Health Navigator is assigned to help guide you throughout the recommended course of therapy.

Behavioral Health Navigator:

- Provides an expert clinical review of your mental health diagnosis and treatment plan provided by the treating physician.
- Enables discreet and confidential virtual access to a network of multidisciplinary expert clinicians without an office visit.
- Extends a clinical navigator to advocate for, guide and support you throughout the entire process.
- Focuses on your needs in an effort to help you return to good health faster, while avoiding traditional mental health treatment challenges and associated stigmas.
- Is provided at no additional cost as an integral part of your medical benefits package.