

Your PEBTF Mental Health and Substance Abuse (MHSA) Benefit



In addition to your SEAP* benefit, if you are enrolled in PEBTF medical benefits, the PEBTF provides a mental health and substance abuse benefit for you and your covered dependents. Your PEBTF Mental Health and Substance Abuse (MHSA) benefit can give you the care and support you need when problems are too difficult to work through alone.

What Can My MHSA Benefit Help Me With?

Through your MHSA benefit, you have access to in-person support for a wide range of concerns, such as:

- Managing stress
- Depression
- Eating disorders
- Coping with grief and loss
- Alcohol or drug dependency
- Anger management
- Anxiety
- Marital issues
- Physical abuse
- Family issues
- Mood disorders
- Compulsive gambling

What Does My MHSA Benefit Cover?

To help you address concerns, the following types of services are covered by your MHSA benefit:

- Acute inpatient care
- Residential treatment
- Partial day treatment
- Medication management
- Halfway homes
- Family, marital, and group therapy
- Alcohol or drug dependency programs
- Individual outpatient therapy

Questions?

Call Toll-free

1-800-924-0105, TTY 711

* SEAP benefits are not available to employees of Auditor General, Treasury and PA Port Authorities.

How Do I Get Started?

If you want to find a provider, ask a question, or request a service, simply call our toll-free number. You will be immediately connected to an experienced Optum Specialist who will help you determine which type(s) of service you need. Available any time, our friendly and supportive staff are expert in helping people identify the nature of their problems and finding the right resources to address them.

What Happens When I Call?

An Optum Specialist will ask you a few questions to help you identify the best resource to assist you with your personal situation. Then, he or she will locate a local Optum network provider who is experienced in helping people with problems similar to yours. We will make every effort to satisfy your unique requirements, such as gender preference or language needs. The Optum Specialist will give you all the information you need to schedule a convenient appointment with a provider. You may also view the provider network by visiting www.liveandworkwell.com. Enter access code, **Pennsylvania**. Your out-of-pocket costs will be lower if you use a network provider.

Mental Health and Substance Abuse (MHSA) Benefit at a Glance

	If you visit an Optum network provider	
	PPO Option	Custom HMO
Mental Health		
Outpatient Visit Copayment	\$20 copayment	\$5 copayment
Inpatient & Intermediate	100% plan payment after deductible	100% plan payment
Substance Abuse		
Outpatient	100% plan payment	100% plan payment
Inpatient	100% plan payment after deductible	100% plan payment
Ambulatory Detoxification (Medical detoxification covered by medical plan)	100% plan payment after deductible	100% plan payment

Please refer to the PEBTF Summary Plan Description (SPD) for more information. Bronze Plan members, please refer to the summary in the SPD. Information may be found on www.pebtf.org.

* Custom HMO is an in-network benefit only.

All records, including medical information, referrals and evaluations, are kept strictly confidential in accordance with federal and state laws.



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