

THIS CA UPDATE HAS BEEN SENT TO THE FOLLOWING:**COUNTIES:**

- Imperial
- Riverside/San Bernardino
- Los Angeles
- Orange
- Sacramento
- San Diego

LINES OF BUSINESS:

- Molina Medi-Cal Managed Care
- Molina Medicare Options Plus
- Molina Marketplace (Covered CA)

PROVIDER TYPES:

- Medical Group/ IPA/MSO**
 - Primary Care**
 - IPA/MSO
 - Directs
 - Specialists**
 - Directs
 - IPA
- Hospitals**
 - Ancillary**
 - CBAS
 - SNF/LTC
 - DME
 - Home Health
 - Other

BeMe Health

This is an advisory notification to Molina Healthcare of California (MHC) network providers.

Introducing BeMe Health – A Mental Health Mobile App for Your Teen Patients.

Now available at no cost for your Molina Medi-Cal teen patients, aged 13-19.

What is BeMe Health?

BeMe is a science-backed mental health app created for teens. Developed with child and adolescent mental health experts, BeMe combines psychoeducational content, skill-building activities, live mental health coaching, and 24/7 crisis support (including safety planning!). BeMe also facilitates connections to in-network therapist directly through the app.

- **Coaching:** BeMe coaches provide real-time, text-based support, helping teens learn and practice coping and resilience-building skills – even on nights and weekends. Real human connections (no bots)!
- **Content:** BeMe's teens have continuous access to science-backed skills based on DBT, CBT, positive psychology, and more – designed by clinicians,
- **Crisis:** Teens have access to 24/7 support: Safety Planning, BeMe's Crisis Hotline, Crisis Text Line, and The Trevor Project.
- **Care:** BeMe links teens as needed to virtual clinical care from behavioral health clinicians specializing in adolescents.

Who's a Good Fit for BeMe Health?

In short, all teens! Our referring providers find that BeMe is an excellent tool for the following patients who:

- Have symptoms of mental health conditions but don't have timely access to services
- Are going through the ups and downs of being a teen
- Are in clinical services and need more support between visits, or are on waitlists

BeMe Also Offers a Suite of Crisis Tools for All Teens, Including:

- A step-by-step safety plan exercise
- Multimodal, 24/7 crisis support
- Easy access to coping skills and support system at all hours

How Can I Refer My Patients to BeMe Health?

Refer your teen to download the app from: <https://beme.com/molinaca>

Questions about BeMe?

Contact the clinical team at: clinicalservices@bemehealth.com

QUESTIONS

If you have any questions regarding the notification, please contact your Molina Provider Services Representative. Please refer to the phone numbers listed below:

Service County Area	Provider Services Representative	Contact Number	Email Address
California Hospital Systems	Deletha Foster	909-577-4351	Deletha.Foster@molinahealthcare.com
	Shelly Lilly	858-614-1586	Michelle.Lilly@molinahealthcare.com
Los Angeles	Clemente Arias	562-517-1014	Clemente.Arias@molinahealthcare.com
Los Angeles / Orange County	Maria Guimoye	562-549-4390	Maria.Guimoye@molinahealthcare.com
Sacramento	Jennifer Rivera Carrasco	562-542-2250	Jennifer.RiveraCarrasco@molinahealthcare.com
San Bernardino	Luana McIver	909-501-3314	Luana.Mciver@molinahealthcare.com
San Bernardino / Riverside County	Vanessa Lomeli	909-577-4355	Vanessa.Lomeli2@molinahealthcare.com
San Diego / Imperial County	Briana Givens	562-549-4403	Briana.Givens@molinahealthcare.com
	Carlos Liciaga	858-614-1591	Carlos.Liciaga@molinahealthcare.com
	Salvador Perez	562-549-3825	Salvador.Perez@molinahealthcare.com

*If you are not contracted with Molina and wish to opt out of the Just the Fax, email: mhcproviderjustthefax@molinahealthcare.com
Please include provider name and fax number and you will be removed within 30 days.*