It’s only been a few sessions, and my child is already starting to recognize when their anxious thoughts might be ‘false alarms.’
- Brightline parent

Get virtual behavioral health support for your family

Brightline’s services — what’s covered:

**START HERE**

**Connect+**
On-the-go access to personalized content, group classes, interactive exercises, and chat with coaches for tips and guidance
Available nationwide

**GET SUPPORT WHEN YOU NEED IT**

**Coaching**
Programs to help tackle everyday common challenges with expert behavioral health coaches in as few as four sessions
Available nationwide

**Care**
Personalized behavior therapy, speech therapy, and medication evaluation & support from licensed Brightline clinicians
Available in select states and coming nationwide soon

Brightline’s services are covered benefits via Premera and your employer, for children covered as dependents on your benefits. We’ll check your eligibility when you sign up. Deductibles and copays apply.

Questions? Get in touch with the Brightline team at 888-224-7332

On behalf of Premera Blue Cross, Brightline is an independent company which provides virtual behavioral health support. For questions about your health plan benefits, please call the customer service number on the back of your Premera ID card. Premera is an independent licensee of the Blue Cross Blue Shield Association.

All clinical services are provided by licensed physicians and clinicians practicing within independently owned and operated professional practices. These are known as Brightline Medical Associates, PA, Brightline Medical Associates of California, Inc., Brightline Medical Associates of New Jersey, and Brightline Medical Associates of Kansas, Inc. Brightline, Inc. does not itself provide any physician, behavioral health professional, or other healthcare provider services.