

Behavioral Health Services

Manatee YourChoice Health Plan

WHAT IS LAMP BEHAVIORAL HEALTH AND HOW CAN IT HELP ME?

LAMP is the behavioral health benefit for Manatee YourChoice Health Plan. LAMP is a voluntary, confidential, solution-focused counseling service. LAMP advocates provide employees and their families emotional and behavioral support in order to provide overall wellbeing at home and in the workplace.

WHAT SERVICES ARE OFFERED THROUGH LAMP?

Services offered include, but are not limited to:

- Individual counseling, family counseling, psychiatric services and referrals to a specialist. These services are offered in-house or via a network of community-based providers and virtually through Telehealth.
- Site Specific Programming is offered on a variety of behavioral health issues that could be negatively effecting employees on the job and at home
- LAMP advocates are available to provide crisis appointments for employees and are available to go to the worksite if a traumatic event occurs.

IN-HOUSE LAMP SERVICES

Our in-house services are available via telehealth or in-person appointments. An online co-pay payment form is available when utilizing Telehealth appointments (see page 2).

Counseling - All employees get 5 free counseling sessions per calendar year with an in-house LAMP Therapist (*bilingual English/Spanish*). If you are on the YourChoice Health Plan, Members can receive additional sessions at a \$15 co-pay per session, after the 5th visit.

Psychiatric Services - Members on the YourChoice Health Plan are eligible for a free psychiatric evaluation. Members are responsible for a \$15 co-pay per session after the evaluation. Telehealth via phone or zoom only.

HOW DO I ACCESS LAMP SERVICES?

Call the LAMP line at (941) 741-2995 during office hours All calls are confidential.

NEW OFFICE HOURS:

Monday: 8am-5pm WALK-INS, NO APPT NEEDED

Tuesday: 8am-6pm

Wednesday: 8am-6pm

Thursday: 7am-5pm

Friday: 8am-3:30pm

**NEW LOCATION: Downtown Wellness Center
1002 MANATEE AVE W. BRADENTON, FL 34205**

WHAT DO I DO IF I NEED BEHAVIORAL HEALTH ASSISTANCE AFTER HOURS OR ON THE WEEKENDS?

LAMP is not a 24/7 crisis program. If you would like to speak with someone after 5pm, Centerstone has a walk-in center that is open until 7:00pm M-F, located at 371 6th Ave West, Bradenton.

Teledoc offers therapy sessions 7 days a week, including evening hours. Visit teladoc.com/aetna to set up your account and make an appointment.

If you are having a psychiatric emergency, please call either Suncoast Behavioral Health Care, Centerstone Hospital & Addiction Center, or Bayside Center for Behavioral Health.

If it is an emergency, please call 911 or go to your nearest emergency room.

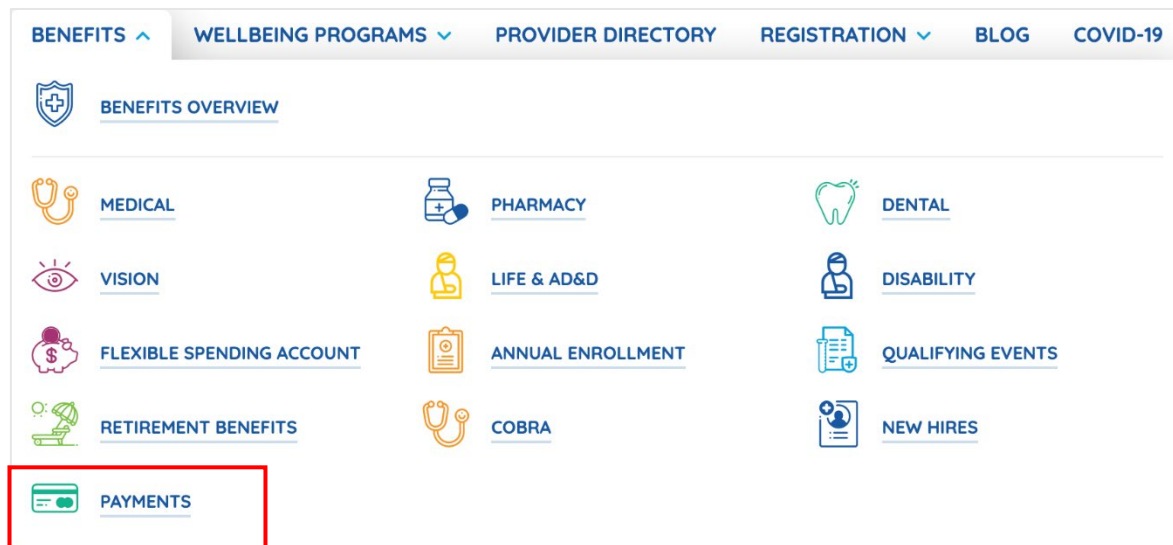
IMPORTANT PHONE NUMBERS

LAMP Line	941-741-2995
Bayside Center for Behavioral Health (Sarasota)	941-917-7760
Centerstone Hospital & Addiction Center (Bradenton)	941-782-4600
Suncoast Behavioral Health (Bradenton)	941-251-5000
Emergency	911
Teladoc	teladoc.com/aetna



How to Make an Online Payment

1. Go to manateeyourchoice.com
2. Under the benefits tab, select payments



3. Choose which payment option applies to you from the following list:
 - **Retiree Payments**
Payments for Retiree Medical, Dental and Vision monthly premiums.
 - **Cobra Payments**
Payments for Cobra Medical, Dental, Vision and Flexible Spending Accounts.
 - **No Pays**
Premium Payments made by employees who are in a no-pay situation to cover the costs of the employee's share of Medical, Dental, Vision, Additional Life Insurances (Employee, Spouse, Child), Additional Long-Term Disability, Short Term Disability, Flexible Spending Accounts.
 - **LAMP Copay**
\$15 copay for counseling or psychiatric visits through LAMP in-house services (after free sessions are utilized).
Counseling - Member is responsible for \$15 co-pay per office visit AFTER the 5th office visit.
Psychiatric Services - Member is responsible for \$15 co-pay per office visit AFTER the 1st office visit.
4. Click "make payment" and follow the prompts to input your information. A confirmation email will be sent to the email address you provide on the payment form.

