



## Cabana Live Mental Health and Peer Support Program Now Available to Johns Hopkins USFHP Members

**Effective Date:** Plan year 2026

**Health Plans Affected:** Johns Hopkins US Family Health Plan (USFHP)

**Type of Change:** New no-cost program

### Explanation of Change:

Johns Hopkins USFHP is now providing a new service available to all USFHP members and their families. Cabana Live is a program that offers access to confidential mental health and peer support services at no cost to members. As you may know, military life brings unique challenges — from managing deployments and family separations to navigating career transitions and everyday stress. Cabana Live is designed specifically for the military community, offering a safe and private space where members can find support when they need it without long wait times, the need to schedule an appointment or any out-of-pocket costs.

### Cabana Live Features

- Members can join live support groups led by experts with military experience within hours, connecting with others who truly understand what they're going through.
- Complete privacy with camera-off groups, voice masking and the option to use an alias, so members can participate in a way that feels comfortable for them.
- Access to self-care tools like guided meditations and practical skill-building exercises. Topics include stress management, relationship building, focus and decision-making, and adjusting to civilian life.
- Signing up requires only an email address of the member's choice.

### How You Can Help

USFHP member patients whom you believe might benefit from confidential mental health or peer support services can be referred to [hopkinsusfhp.org/dental-vision-and-discounted-services/#cabana](https://hopkinsusfhp.org/dental-vision-and-discounted-services/#cabana) for more information. Sign-up is via the USFHP member portal. We encourage you to [explore the benefits of Cabana Live](#) and recommend the program to your USFHP member patients for consideration in support of their mental health and well-being.