



# PROVIDER NOTICE

Provider Relations Department: 888-895-4998 (Option 4)

## UpLift Virtual Behavioral Health Practice Added to Provider Network

**Effective Dates:** Oct. 15, 2023

**Health Plans Affected:** Advantage MD, Employer Health Programs (EHP), US Family Health Plan (USFHP)

**Type of Change:** Provider Network

### Explanation of Change:

Effective Oct. 15, all plan members of EHP, Advantage MD and USFHP have access to behavioral health providers in the UpLift network. UpLift is a virtual behavioral health practice that expands access to providers. The interface also allows members to schedule an appointment with a psychiatrist or therapist as soon as the next day, and no further out than two weeks.

UpLift supplements the existing network of quality behavioral health care providers available to members, adding more therapists and psychiatrists. The UpLift platform also makes finding the right care simple by matching a therapist or psychiatrist according to personalized needs and provider specialties, allowing members to filter searches for different results. While UpLift is primarily virtual, some providers offer in-person appointment options. Member cost shares for UpLift providers are the same as all in-network behavioral health care services.

Members can self-refer or providers can now refer members to UpLift to locate a provider in the UpLift network. Refer members to [joinUpLift.co](https://joinUpLift.co)\* to learn more and to find a provider.

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