

MCSIG Mental Health Options							
	ALTAIS EVERSIDE HEALTH	BLUE SHIELD	BRIGHTLINE Behavioral Health Support for Families	DUNAMIS WELLNESS CENTER	GINGER On demand mental health support 24/7	METLIFE	TELADOC
MCSIG Plans	All PPO Plans	All PPO Plans PPO Select in-network only	All PPO Plans	All PPO Plans	All PPO Plans	All PPO Plans	All PPO Plans
Online	Members.eversidehealth.com	Blueshield.com	hellobrightline.com/MCSIG-join	Dunamiscenter.com	wellvolution.com/mentalhealth	Metlifeep.lifeworks.com username: metlifeep / password: eap	Teladoc.com
Phone	Salinas Clinic: (831) 269-3346 Monterey Clinic: (831) 920-3920	(831) 755-8055	(888) 224-7332	(831) 610-4906 or (530) 338-0087	Customer Support (866) 671-9644	(888) 319-7819	(800)-TELADOC
Copay	Plan Copay	Plan Copay	Plan Copay	Plan Copay	No charge for behavioral health coaching	No Copay	No Copay
Ages	ages 5+	varies	18 months to 17	ages 4+	18+	ages 5+	ages 13+
Licensed Counselors	In-person & Telehealth with Psychologist	Varies by provider	Telehealth	Telehealth	Video therapy & Psychiatry (plan co-pay applies)	In-person & Telehealth: 5 visits per issue, per year	Telehealth
Psychiatrists	No	Age varies by provider	Yes	No	Yes	No	Ages 18+

Access all MCSIG benefits via the  [Transcarent app](#) Health guides are available 24/7 to assist MCSIG members.

MCSIG Customer Service is also available 8 am-5 pm MF at (831) 755-8055.