

# Behavioral Health Resources

## BH Insurance Grid - GNP

Network Name	Carrier Name	Bend Health (Ages 1-23)	Brightside (Ages 18+)	Rula (Ages 6+)
Aetna	PPO/POS/HMO	x	x	x
Aetna	HMO	x	x	x
Anthem	PPO/HMO	x	x	x
Blue Shield	PPO/HMO	x	x	
Blue Shield	HMO	x	x	
Cigna	PPO/HMO	x	x	x
HealthNet	PPO/HMO	x		x
Medicare	FFS		x	
Tricare	Tricare West			x
United Healthcare	PPO/HMO	x	x	x

Revised 11/18/24

### **Brightside (18+, therapy, medication, online tools)**

#### **Landing Pages**

Patient Self Enrollment: <https://www.brightside.com/gnp> (Go live 11/20/24)

Provider Referral Submission: <http://brightside.com/refer/gnp>

**Phone** 855-643-9304

**Video** Brightside Health (1:36): [Brightside Overview \(youtube.com\)](https://www.youtube.com/watch?v=...)

### **Rula (formerly PATH, age 5+ therapy, age 13+ medication):**

#### **Landing Pages**

Patient Self Enrollment: <http://rula.com/gnp>;

Provider Referral Submission: <https://www.rula.com/gnp-referrals/>

**Phone** 323-745-8323

**Video** Rula Health (4:26): [Rula Health Overview \(Vimeo\)](https://www.vimeo.com/...)

### **Bend (age 1-25, coaching therapy, medication):**

#### **Landing Pages**

Patient Facing (no self-enrollment):

<https://www.bendhealth.com/welcome/referral-to-bend>

Provider Referral Submissions:

For Behavioral Care Services: <https://www.bendhealth.com/refer/behavioral>

For Neuropsychological Testing: <https://www.bendhealth.com/refer/np>