

Behavioral Health Services



Helping you navigate the behavioral health care systemSM



**Companion Benefit
Alternatives, Inc.**

www.myecba.com

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Coping with behavioral health problems—whether they're your own or a family member's—can be stressful and difficult. That's why Companion Benefit Alternatives, Inc. (CBA) is here to help you navigate the behavioral health care system.

CBA manages the mental health and substance abuse benefits for your health plan. We'll work to maximize your behavioral health and medical benefits.

How Can We Help You?

Our confidential services can guide you through treatment for some of your most sensitive problems, including anxiety, depression, eating disorders, ADHD and/or addiction.

CBA's network gives you access to thousands of professionals across the country, including psychiatrists, addictionologists, psychologists and counselors. By offering you the most appropriate resources, CBA allows you to concentrate on your recovery or that of a loved one.

How Can You Get Help?

Your participation in CBA services is completely private. All of your authorizations, medical records and other correspondence are confidential.

For more information, call us at 1-800-868-1032, Monday through Friday, 8:30 a.m. - 5:00 p.m. Or visit our Web site at www.myecba.com