



# Bright Heart Health Medication-Assisted Treatment Program

## About Bright Heart Health (BHH)

- BHH provides online virtual care for substance-use disorders, including opioid addiction, through a team of doctors, counselors, care managers and recovery specialists.
- Outpatient treatment programs are provided discretely and conveniently via smartphone, tablet or computer.
- BHH is Joint Commission accredited for its commitment to providing safe and effective care.

## About Medication-assisted treatment (MAT)

MAT uses medications combined with counseling and behavioral therapies to treat opioid-use disorder and SUD.

### MAT reduces:

- Drug and alcohol cravings.
- Overdose risk.
- Risk of bacterial infection from unsterile injections.
- Risk of contracting hepatitis-C or HIV/AIDS.
- Risk of bleeding or death from arterial injections.
- Risk of arrest or legal trouble.

### Choosing treatment:

- Decreases or stops the need to use.
- Enables individuals to return to work.
- Promotes mending of broken relationships.
- Reduces emotional instability.



Through the BHH MAT Program, X-Waiver Certified providers with BHH are connected with primary care providers to treat opioid addiction and prescribe and monitor MAT to members via telehealth. Buprenorphine (Suboxone) — one of the medications used to reduce withdrawal symptoms — can provide a bridge to lead patients to their next step!

**For more information or to refer a member to the BHH MAT Program**, contact Tom Manning at [thomas.manning@anthem.com](mailto:thomas.manning@anthem.com).



## How it works

There are three ways to refer your patient to the BHH MAT Program:

1. Call Bright Heart Health 24/7 at **1-844-884-4474** to complete an intake.
2. Complete and submit a *BHH Referral Form*, available at <https://www.brighthearthealth.com/intake-forms/patient-referral>.
3. Fax patient information to BHH at **1-415-458-2691**.

A BHH services coordinator will respond to the request for services within 72 hours and schedule a visit with a BHH physician. Depending on the patient need, he/she may be scheduled one to two times per week.

For continuity of care for clinics, progress notes will be sent back to the provider office with the ROI on file.

<https://mediproviders.anthem.com/ca>