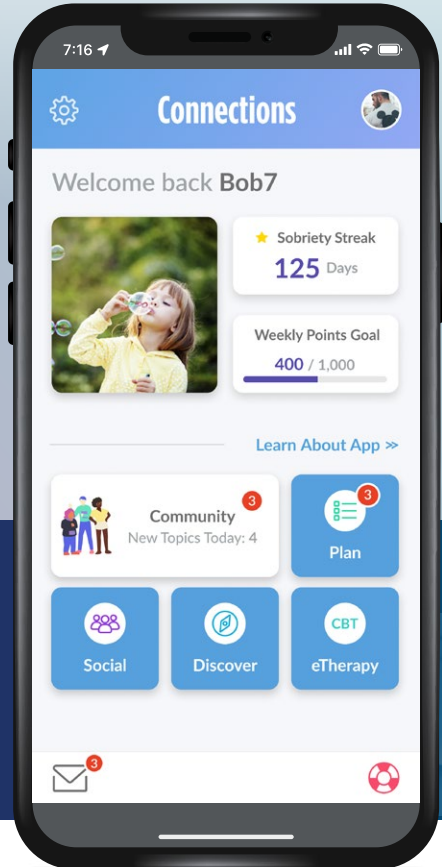


24/7 Recovery Support



- Anonymous, moderated discussion forums to get and give community peer support
- Digital CBT to learn recovery skills
- Recovery and sobriety tracking
- Gamification: activity points, levels & badges
- Video and community resource library
- Reminders and motivations
- Crisis support, if necessary

Supported by CHES Health's team of certified peer support specialists



Mike6

I love the support we get from this app each day. This has become such a part of my life, I really look forward to reading and engaging with people on here. I am beyond grateful for what I've gotten from this place, I can't imagine not chatting with you guys/gals. Thank you for everything you do. ❤️



Easy Options for Providers to Give Connections App to Patients

- OPTION 1** Invite a CHES peer team member to explain to member via Zoom or phone call and set them up with access/plan for discharge
- Preferred
- Option Email onboarding@ches.health

- OPTION 2** Request quick enrollment link to setup your patients on your own schedule

- OPTION 3** Get full access to CHES Dashboard to setup and support patients

Blue Cross® and Blue Shield® of North Carolina is pleased to offer the Connections App to Healthy Blue® members