



Visit the BCBSMN EAP website to access articles, videos, podcasts, and other tools that can help you and your loved ones with life's challenges. If you don't know where to start, take an assessment to find resources that meet your unique needs.

Help for neurodivergent conditions

Everyone's brain develops in a unique way. For some, this means diagnoses such as autism, ADHD, OCD, or Tourette Syndrome. Early identification and intervention offer the best opportunity to support healthy development.

Your BCBSMN Carelon Wellbeing benefit offers support and resources at no extra cost. Use it to:

- Learn more about neurodiversity.
- Connect with resources and services.
- Learn how to build a support network.
- Find guidance on being an advocate for your loved one.
- Learn tips to help you care for your own needs.

We are here to help.

To learn more about available resources and find support, contact us today.

**bcbsmn3.mybeaconwellbeing.com
(800) 432-5155**