

# Bulldog Health News

## Suicide Prevention Awareness Month



There are an average of 123 suicides each day in this country. It's the tenth leading cause of death in America — second leading for ages 25-34, and third leading for ages 15-24. In order to create awareness and strengthen the fight against suicide, the entire month of September is Suicide Prevention Month. Participate in the fight by getting involved with local organizations and listening to those who need help. Here are 5 no-nonsense tips to help someone in a crisis.

### Ask direct questions

Even though it's hard, ask a person directly if they are thinking about suicide.

### Listen to their answers

People with suicidal thoughts often feel alone so be sure to

let them know you care deeply about what they have to say.

**Do a safety check** if you are concerned for their well-being, try to remove anything they could use to harm themselves such as alcohol, drugs, medication, weapons and even access to a car.

### **Don't keep this a secret**

Let them know you will come up with a plan that utilizes professional services and resources to help.

### **Ensure they seek**

**professional help** with a doctor, counselor, psychologist, or social worker.

**#988 - Call, text, or chat with a trained counselor who can provide support when experiencing emotional distress.**

## Getting the Most out of your Insurance Benefits

I know you're busy! But a few minutes is all it takes to make sure you are set up to get the most out of your health plan. Get familiar with your plan details by accessing the web portal [www.bcbsnm.com/nmpsia](http://www.bcbsnm.com/nmpsia) or download the app. You can text **BCBSNMAPP** to **33633** for details.

The Blue Access for Members (BAM) is your starting point to learn what's included with your plan. You can find in-network doctors, hospitals, and urgent care centers. You will have access to your claims, coverage, and deductible information.

I'd like to encourage you to visit the **WELLNESS** tab for programs that can help you manage your health and

save on health care costs.

You can take a health assessment at ***Well on Target*** to learn your health risks and ways to improve. You will get personalized recommendations that can help you plan to live your healthiest life. You can complete a digital self-management program to help manage long term conditions like asthma and diabetes, deal with stress or sleep problems, eat healthier and more. You will be able to track and redeem rewards you earn for completing healthy activities.

I hope you take the time to get familiar with your BCBSNM plan. Set yourself up to live healthy and use your plan wisely.



**BlueCross BlueShield  
of New Mexico**