

# An Easy Way For Regence BlueShield Members to Get **Mental Health Care**

Let Quartet connect you to mental health care that's covered by Regence BlueShield, and fits your needs and preferences.

Regence has partnered with Quartet to make it easier for you to get the mental health care you need.

Through Quartet, you'll be matched to care that's right for you, based on your insurance, needs, and preferences.

Get started: [qrt.care/snohomishcounty](https://qrt.care/snohomishcounty)

## Your mental health care options



### Therapy

In-person or virtual



### Psychiatry

In-person or virtual

## Find the right mental health care for you with **Quartet**



### A free and confidential platform

Quartet's platform and services are free for you to use. If you see a provider, your copay or deductible may apply.



### More time for what matters

Quartet does the legwork to match you to the right mental health care, so you can spend less time looking for care, and start feeling better instead.



### Support along the way

Whether it's help with appointments or understanding your care options, Quartet's Care Navigators are there to help you along your care journey.

Regence BlueShield serves select counties in the state of Washington and is an Independent Licensee of the Blue Cross and Blue Shield Association. Quartet is a separate and independent company that provides mental health services for Regence BlueShield members. Regence complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711)

Ready to connect to care? Get started at [qrt.care/snohomishcounty](https://qrt.care/snohomishcounty).