



# NETWORK *Notification*

**Notice Date:** April 21, 2025  
**To:** Indiana Medicaid Providers  
**From:** CareSource  
**Subject:** BeMe Health Demonstration – Save the Dates!

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## Summary

Join CareSource Health Partner and Behavioral Health teams for a **live** demonstration of the BeMe Health Mental Health and Wellness App.

CareSource will host Dr. Nicoletta Tessler, Chief Executive Officer and Co-Founder of BeMe, to provide two live demonstrations of the app for providers to observe the benefits BeMe offers to patients first-hand. Dr. Tessler is a clinical psychologist and accomplished senior executive with 20+ years of experience in behavioral health care. She is a thought leader and advocate for teen mental health and well-being. To join us virtually at one of the demonstrations, register here:

- **June 26, 2025**, from 1 p.m. Central Time (CT)/2 p.m. Eastern Time (ET) to 1:30 p.m. CT/2:30 p.m. ET - [Register Here](#)
- **July 24, 2025**, from 11 a.m. CT/12 p.m. ET to 11:30 a.m. CT/12:30 p.m. ET - [Register Here](#)

BeMe is a mobile app offering mental health and wellness support and interventions designed to address teens' unique needs. BeMe offers science-backed support to teens, including coaching, tailored content, crisis support, and connection to care.

BeMe combines the following:

- Psychoeducational content
- Skill-building activities
- Live mental health coaching
- 24/7, 365 days a year crisis support (including safety planning)
- Connections to in-network therapists

BeMe is available to CareSource Hoosier Healthwise (HHW) teens, ages 13-18, at no cost.

## Referral Information

BeMe is an excellent tool for patients who:

- Have symptoms of mental health conditions but don't have timely access to services
- Are going through the ups and downs of being a teen
- Are in clinical services and need more support between visits, or are on waitlists
- Need early intervention

For more information, or to access these services, encourage your patients to download BeMe from the app store or visit [BeMe.com/CareSource](https://BeMe.com/CareSource). Providers can learn more about BeMe [here](#).

**Questions?**

For any questions, please contact CareSource's Provider Services at **1-844-607-2831**, Monday through Friday, 7 a.m. CT/8 a.m. ET to 7 p.m. CT/8 p.m. ET.

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