



A healthy Perspective

Partnering for Total Health - Behavioral Medicine Specialists

Behavioral Medicine Specialists

At Kaiser Permanente, we take care of the whole you. Our Behavioral Medicine Specialists (BMS) help our healthcare team deliver optimal, full-person healthcare to members – engaging the mind in the healing process. BMS are licensed clinical psychologists and social workers who help our physicians and other care team members deliver beautifully integrated healthcare.

In coordination with primary care physicians, BMS facilitate the healing process through brief consultation and counseling provided in the primary care medical office to help members tackle physical and emotional challenges, including:

- Anxiety
- Child Behavior Problems
- Chronic Pain
- Depression
- Diabetes
- Grief
- Stress

BMS help members develop coping strategies and reduce symptoms. BMS also make referrals for longer term therapy as needed.

High Physician and Member Satisfaction

A striking 97.7% of 177 physicians in the 2013 NCQA survey ranked their overall satisfaction with BMS services as “good” or “excellent.”

Members like working with our BMS, too. By having a behavioral health clinician on their care team, members experience:

- A sense of trust
- Reassurance that needs will be addressed
- Ease of access to needed services

What physicians are saying:

“It’s the single most helpful change to the way we deliver patient care in my 20 years in pediatrics.”

“Behavioral Medicine Specialists deliver excellent care to our patients and are a vital asset to our team.”

What members are saying:

“After losing my husband, I cannot express enough to you how seeing the psychologist helped me see this as a journey I must travel. I just needed the correct tools.”

“Thank you for recommending the social worker. We met twice and talked on the phone once. She was insightful and practical. I feel very safe with her and in that safety able to move forward. As it stands, I will contact her as needed, which is reassuring.”

Appointments

Our BMS are located at 23 Kaiser Permanente primary care medical offices in Denver/Boulder and Northern Colorado.

To schedule an appointment with a BMS members should call **303-338-4545**, option 3 (TTY for the deaf, hard of hearing, or speech impaired: **303-338-4428**), and ask for their primary care office. Primary care staff also schedule BMS appointments directly for members.