

# Support you can count on for autism spectrum disorder



**You don't have to navigate autism alone. We work alongside families to provide support and advocate for your care. Our team will listen, answer questions, and help you find the right next steps.**

When you or someone you love is being evaluated for autism or has a new diagnosis, it can be a lot to take in. The Independence Blue Cross (IBX) concierge autism program is here to help, guide, and support you. Call our Autism Care Navigation team to get started with care for autism spectrum disorder — or even if you're still trying to figure out if you or a family member is on the autism spectrum.

## Your Autism Care Navigator is here for you

You'll be paired with a dedicated Autism Care Navigator, whom you can call with questions and for support, both pre- and post-diagnosis. They'll schedule quarterly check-ins with you to talk about your progress and needs. They can also help you:

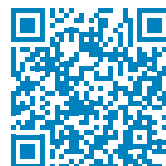
- Find the right in-network care
- Coordinate services across providers (e.g., medical, behavioral health, and speech, occupational, and physical therapies)

## Extra clinical support when you need it

Our network includes providers who specialize in autism/applied behavior analysis (ABA), and your IBX care team will help you with locating in-network providers and any steps that follow. Included on your care team is a board-certified behavior analyst who works with your providers to ensure the most effective, high-quality care. They can also discuss alternative, evidence-based treatment options beyond ABA.

## Neurodiversity resources

Spring Health offers specialized therapy, coaching, and digital resources designed specifically for neurodivergent individuals and their families. Their digital library is available at no cost to you and includes 130+ videos and self-guided tools to help improve areas like productivity and communication. Register at [springhealth.com](https://springhealth.com) or by scanning the QR code. Then you can access their resources online or on the Spring Health app.



Spring Health is an independent company.



Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

**Call our Autism Care Navigation team at 1-800-688-1911, Monday – Friday, 8 a.m. – 6 p.m.**

## Support for the whole family

Autism can affect the whole family, not just one person. Your Autism Care Navigator can help:



Coordinate referrals to trusted care



Support caregivers and siblings



Assist during transitions in care



Connect you with specialty care and community resources

