

Don't let drugs or alcohol define you.



Confidential Services

Call Us

A helpful Care Consultant will listen to you without judgement about your challenges. They will present the most appropriate options for your situation.

Get an Evaluation

A Care Consultant will help you find a treatment option that works for you. Then they will be able to book you a same- or next-day evaluation with a substance use disorder provider. Treatment can be provided in-person or virtually if preferred with an in-plan, evidence-based provider.

Start Your Journey

Navigator will provide you with the time and details for your evaluation. By attending your appointment, you begin your journey to recovery. Navigator will follow-up with you for 6 months to support your journey.

We are here 24/7/365

866-204-2500

Confidential Services. For individuals 13+, direct dial or call the number on the back of your member ID card to request assistance with substance use issues.

Benefit offered through
your CareFirst Health Plan



On the surface, everything may seem fine...

Maybe you're feeling fine – upholding commitments and keeping up with work and family. You're doing OK, and there are no signs to suggest otherwise. Drugs or alcohol may or may not be a problem in your life. However, it is easy to get so used to something that we don't notice when it starts to affect us. The impact is not always obvious but can cause problems for our health, happiness, relationships, and many of the things that are important to us.

...under the surface, what do you notice?

Would you like to talk it through with us?

866-204-2500

Confidential Services

For individuals 13+, direct dial or call the number on the back of your member ID card to request assistance with substance use issues.

Navigator is a 24/7 concierge service that provides assistance with drug or alcohol use conditions for individuals 13+*

- Expert Guidance & Resources
- Personalized Recommendations
- Same or Next-day Evaluations
- Access to care that is in-plan, evidence-based and local (in-person) or virtual Follow Up for 6 Months

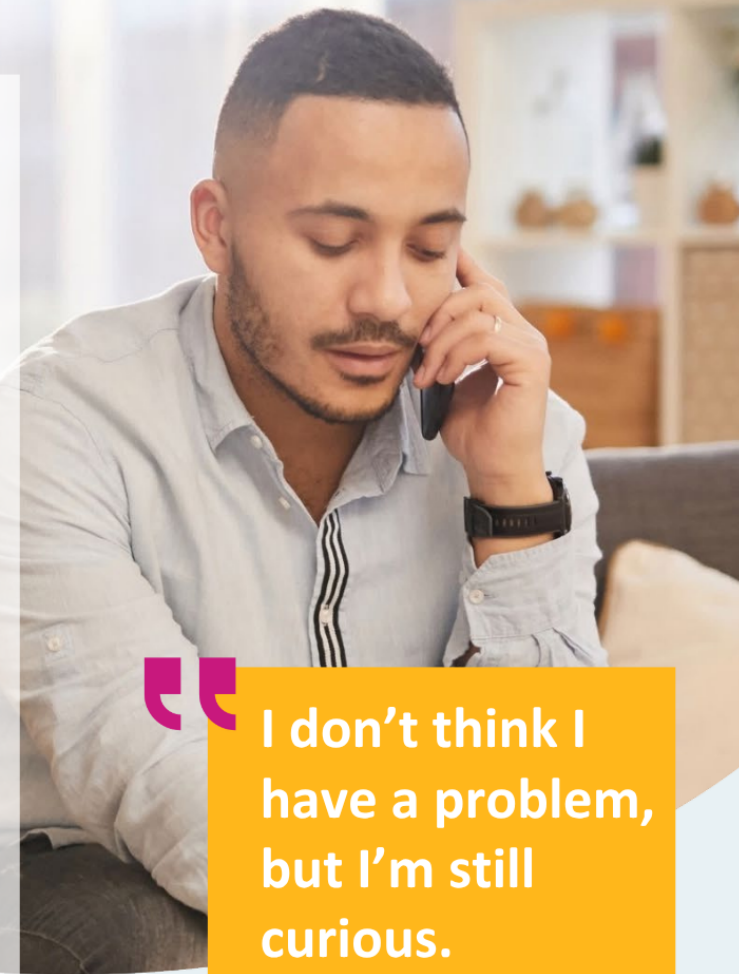
NAVIGATOR
HEALTHCARE INC.

*Eligible for CareFirst commercial, FEHBP and Medicare Advantage plans

CareFirst 

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I don't think I have a problem, but I'm still curious.

Navigator is a 24/7 resource for those age 13+ struggling with drug or alcohol use.

Whether you want to learn more or schedule an evaluation,
Navigator is here to help

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