

# GRAVIE



Gravie and BHS have partnered to bring you Farmers Thrive — a support service available for farmer members eligible for the Land O’Lakes Cooperative Farmer Member Health Plan. Farmers Thrive provides a cost free, confidential resource to help farmers through a wide array of life challenges.

Anytime you need extra guidance or support, connect with a care coordinator 24/7 by phone, live chat, or secure message.

## Common reasons to use Farmers Thrive

- **Relationships**  
Professional, customers, friends, spouse/children
- **Transitions**  
Birth, death, health, illness, marriage/divorce
- **Risks**  
Burnout, anger, depression, anxiety, suicidal thoughts, substance abuse
- **Challenges**  
Daily responsibilities, financial, legal, parenting, stress, conflict

## How it works

### Step 1

Call **800.327.2251** and mention Land O’Lakes, your co-op, or Gravie. Alternatively, you can connect via live chat or secure form at [portal.BHSONline.com](https://portal.BHSONline.com), using username **Gravie**.

### Step 2

Connect with a care coordinator, a Master’s level clinician, who will assess your needs, screen for emergencies, provide support, and serve as your advocate.

### Step 3

Your care coordinator will work with you to create a plan for support and resolution.\*

\* If you require a referral for long-term treatment, costs may be incurred. These are often covered by your health insurance plan.

