

Telehealth:

Access a mental health or substance abuse provider wherever you are.

Are you feeling stressed about finding time to speak with a licensed therapist? Are you worried about...



Finding childcare



Taking time off from work



Transportation

Telehealth can help.

- You don't have to wait weeks for an appointment.
- Evening and weekend appointments are available.
- Some clinicians can prescribe medications when needed.
- Live video sessions are securely encrypted and never recorded.

You can use this easy, convenient and secure way to speak with your clinician using a browser on your smartphone, tablet, or computer*—all within the privacy of your own home.

Telehealth providers can help with:

- Stress
- Anxiety
- Depression
- Grief
- Panic attacks
- Stress from coping with an illness

**Webcam and high-speed internet required.*

Please Note: Telehealth is not appropriate for all conditions. If you're in crisis or have suicidal thoughts, seek help immediately. Please call 1-800-273-8255 (National Suicide Prevention Lifeline) or call 911 and ask for help, or go to your nearest emergency room.

Getting started is easy!

- 1 Log in or register on your health plan's website.
- 2 Search for telehealth providers.
- 3 Choose a provider and schedule an appointment that's convenient for you.

Your standard office visit copay applies to Telehealth appointments.

Get the best from Telehealth

When providers work together, you receive better coordinated care—and enjoy better health. If you're comfortable doing so, have your therapist talk to your primary care provider about your treatment.