

# INTRODUCING BEHAVIORAL HEALTH.

Access to convenient, confidential, and quality treatment by phone or video.



With Behavioral Health Care, members can speak with board certified psychiatrists, licensed psychologists or therapists by phone or video from wherever they feel most comfortable.

Members can book appointments with ease and build ongoing relationships with mental health professionals of their choice - all without having to travel to a doctor's office.

Behavioral Health Care covers a spectrum of conditions through a single point of entry, giving patients access to a robust suite of services at their fingertips.



## **ACCESS**

Members have access to high quality virtual care for a wide variety of behavioral issues.



## **UTILIZATION**

Our proven engagement efforts connect with members in their time and drive utilization.



## **SIMPLE IS BETTER**

More than 75% of members with depression or anxiety reported clinically meaningful improvements after their third and fourth virtual care visit.



**SECUTIVE**

# HOW BEHAVIORAL HEALTH WORKS.

Our Behavioral Health services offer a safe, convenient, private way to access the quality mental care that your participants need. Services are available 7 days a week from 7am to 9pm local time.



1

## CHOOSE A THERAPIST

Member can choose a therapist based on specialty, language, gender and ability to prescribe medication. Can keep the same therapist through the course of care.



2

## SELECT DATE & TIME

Providers typically respond to appointment requests within 8 hours. Appointments available seven days a week, 7am to 9pm local time.



3

## MEET WITH THERAPIST (PHONE OR VIDEO)

Provides treatment and goal setting. Ability to speak with the therapist by phone or video sessions



4

## ONGOING TREATMENT

Schedule future appointments with the same therapist. Follow-up through the secure online message center

## COMMON CONDITIONS TREATED

- Anxiety
- Depression
- PTSD
- Stress
- Substance abuse
- Trauma resolution
- Panic Disorder
- Family & marriage issues
- Grief
- Eating disorders
- Work pressures
- ADHD

"My experience was seamless - I scheduled an appointment through the Teladoc app, the therapist was right on time and I was able to have my session without ever leaving work! What I loved most was that I was able to see the same therapist throughout my care. What a great Service!"

Emma S.



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