

Peace of mind happens here.

## Speak with a licensed therapist from anywhere

Taking care of your mental health is an important part of your overall well-being. With Teladoc's Behavioral Health, adults 18 and older can get care for anxiety, depression, grief, family issues and more. Choose to see a psychiatrist, psychologist, social worker or therapist and establish an ongoing relationship.

As a working mom with two small children, finding 'me time' is almost impossible. So having easy access to an amazing psychologist through Teladoc has been an invaluable benefit.  
Ade O., Teladoc member

### Why use Teladoc's Behavioral Health service

- ✓ Confidential treatment
- ✓ Convenience to speak with a therapist from anywhere
- ✓ Flexible scheduling
- ✓ Quick access to the right provider for you

Teladoc doesn't offer a crisis hotline. Appointments must be scheduled.

## Confidential therapy on your terms

Teladoc.com | Download the app



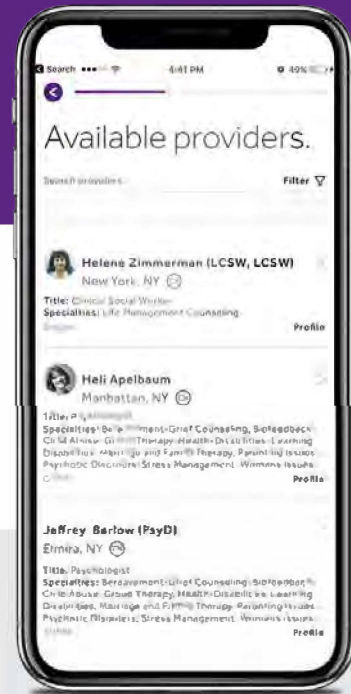
# Behavioral Health

## How to request a visit

Scheduling a phone or video visit with a therapist is easy and convenient. You can make an appointment seven days a week, from 7 a.m. to 9 p.m. local time. Appointments are confirmed within 72 hours.

Please schedule your appointment online or via the Teladoc app. Although call center reps cannot schedule appointments for you, they can answer your questions.

**Your cost share:** \$35 Copay on PPO Plan  
CYD + Coins on HSA Plans



### How to schedule a visit

- 1 Register your Teladoc account account if you're already registered via web or app, or log in to your
- 2 Request a visit
- 3 Answer a few questions
- 4 Select your therapist
- 5 Request a time for your appointment

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