



Feel like yourself **again**

Now Available:

Access to a licensed therapist by phone or video

Don't wait to get the support you need. In addition to your Teladoc General Medical services, you now have Mental Health. Get confidential counseling seven days a week for conditions like depression, anxiety, stress, marital or family issues, and much more by phone or video.

Schedule your appointment today.

Your cost:

Therapist	\$95 (Subject to Deductible then Plan Coinsurance)
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Psychiatrist	\$235 (Subject to Deductible then Plan Coinsurance)
	\$105 (Subject to Deductible then Plan Coinsurance)

The benefits of using Teladoc Mental Health

- ✓ Choose the therapist or psychiatrist who best fits your needs
- ✓ Speak with an expert from wherever you are most comfortable
- ✓ Schedule an appointment on your time
- ✓ Confidential treatment for as little or as long as you need

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

Confidential therapy on your terms

Visit [Teladoc.com](https://www.teladoc.com)

Call 1-800-TELADOC (835-2362) | Download the app  