


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.



One in five American adults at some point in their lives, deals with a medically diagnosed mental illness.

96.5M
The USDHHS estimates that 96.5M Americans live in areas where there are shortages of mental health providers.

70%
The CDC reports that today close to 70% of behavioral health patients also have a medical co-morbidity.

\$201B
The United States spent an estimated \$201 billion on mental disorders like anxiety and depression.



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.





How Behavioral Health Works

Our Behavioral Health services offer a safe, convenient, private way to access the quality mental care that your employees 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

Provider 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

What a great service!

"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.

